MAY YOU LIVE MORE THAN A 100 YEARS

SHATHAYU BHAVA

DR. BINOD KUMAR MISHRA

M.D.

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DEDICATION

Late Sri. Sudam Chandra Mishra

Late Sri. Gopal Krishna Mishra

This book is lovingly dedicated to the cherished memory of my esteemed elder brother, the late Sri. *Sudam Chandra Mishra*, and his beloved son, my dear nephew, the late *Sri Gopal Krishna Mishra*. Sadly, they were taken from us prematurely by the unfortunate impact of the relentless Covid-19 pandemic. As a doctor, I carry a deep sense of sorrow that I was unable to preserve their lives. However, I humbly offer my prayers to the divine for their eternal peace and solace.

Dr. Binod Kumar Mishra

PREFACE

Since ancient times, humanity has been preoccupied with the pursuit of developing and preserving youthful vigour while striving to extend longevity by slowing down or delaying the aging process. In 2023, it is projected that one in five individuals worldwide will be over the age of 65. With increased longevity and the onset of old age, various health challenges emerge, and population studies indicate that the elderly will require three to five times more healthcare services compared to the younger population.

Modern medicine has made significant advancements in comprehending the aging process and managing age-related health concerns, such as heart attacks, strokes, diabetes, cancer, senility, and arthritis. As a result, individuals now aspire to a youthful and productive lifespan of 100 years or more, brimming with abundant health and limitless opportunities.

Research conducted by aging experts is centered around strategies to defy the natural course of the aging process and prolong its onset. These interventions encompass various approaches, such as the development of anti-aging pills, exploring restricted food consumption, and even cloning body parts, all aimed at preserving youthfulness and delaying the aging process. While human beings commonly perceive aging and age-related ailments as unnatural, it is important to acknowledge that our choices and behaviours play a significant role in expediting biological aging.
Everyone acknowledges that the natural course of life involves growth, aging, and eventual mortality. However, it is a universal sentiment that nobody desires to experience the process of growing old, and certainly, no one wishes for their own demise.

This book aims to inspire individuals to assume responsibility for their own health and actively work towards delaying the aging process, ultimately preventing age-related illnesses. This book offers a wealth of tips and guidance on extending life and preserving physical fitness until the very end. By emphasizing key information throughout the book, it aims to ensure that readers internalize the knowledge, empowering them to effectively apply it. As a sequel to my first book, 'Life and Medical Wisdom,' published by Dream Publisher, reading both works will provide even greater benefits and insights.

Wishing all the readers a life filled with joy and excellent health that extends well beyond the remarkable milestone of 100 years.

Dr. Binod Kumar Mishra

The beautiful smiling old lady
on the cover page is *Smt. Bilasmani Pani*,
my father in law's grandmother,
who lived for 101 years.

Jivem Saradah Shatam

Pasyem saradah shatam
Jivem saradah shatam
Budhem saradah shatam
Rahem saradah shatam
Pusyem saradah shatam
Bhavem saradah shatam
Bhuyem saradah shatam
Bhuyesi saradah shatam

Atharva Veda

The meaning is – oh God! bless us so that we are able to experience 100 years of changing seasons with our all-sensory faculties intact -

1. So that we see for 100 years; the image in our eyes remain clear for 100 years.
2. We live in total health for 100 years.
3. Let our mind be alert and knowledgeable for 100 years
4. Let there be progress in every field of our life for 100 years.
5. Let us be well nourished for 100 years.
6. Let us be here for 100 years.
7. For 100 years let us be pure in mind and heart.
8. Let all the good things happen to us for more than 100 years.

In the ancient Indian System, the entire year is divided into six *ritus* or seasons (two-two months of each season) which contributes to 3 major seasons.

Sharadah is the 'Autumn' season, it comes every year so in the above chants the meaning of a *Sharadah* is considered as one year.

In-fact, the Vedic era people were praying the sun and moon God both morning and evening for long healthy life with all their sensory faculties intact. They were asking for a quality life and not mere length of life.

The goal is not to add years to life, but rather to add life to years.

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Start early, drive slowly, reach safely.

To get old is in the hands of God but to stay young is a human skill.

Ancient proverb

Old age occurs because we allow it to happen. We often neglect to plan ahead and wait until we are much older to prioritize exercise and healthy eating.

The earlier we initiate the process of life extension, the greater our chances of living longer and enjoying better health. Even individuals facing illnesses can experience a lengthy life with access to advanced medical care. It is important to distinguish between merely prolonging illness and pain and actually experiencing vibrant years filled with enjoyment. While death is an inevitable part of life, the objective is to have 40 fulfilling and active years following retirement.

The key is to live each day to the fullest, recognizing that it could be our last. By adopting a nutritious diet, engaging in appropriate exercises, and maintaining a positive outlook, we can strive to achieve this goal. Embracing a balanced and nutritious diet ensures that our bodies receive the essential vitamins, minerals, and fibres necessary for optimal functioning. Incorporating a variety of

whole foods, such as fruits, vegetables, lean proteins, and whole grains, provides the building blocks for a healthy lifestyle. Also, one should embrace every moment and cherish the journey towards a long and fulfilling life.

You are not too old to stay young

He who has health has hope and he who has hope has everything.

Ancient Arabic proverb

If you are in your fifties, sixties or seventy - something beyond, there are strategies you can employ to retain and even regain good health.

We are making progress

Archaeological finding suggests that four out of five of our prehistoric ancestors were dead by the age of thirty and about 1 in 20 lived to age forty.

A citizen of roman empire had a life expectancy of about 28 years. By turn of nineteenth century, a person in one of the more advance countries might anticipate some thirty-five years of life

In early years of the twentieth century, the average American would expect to live to about age fifty

Today from ancient roman average of twenty-eight years, we have gained a full fifty years to reach our nearly seventy-eight-year life expectancy.

This is possible because of improved sanitation and hygiene along with control of many communicable

diseases and progress in medical fields.

Bad habits are best broken early to reduce the long-term impacts. Good habits can translate in to longevity and disease free, healthy, productive living.

While ageing is inevitable. Your decision to live well play a crucial role in aging well. The goal is to delay the onset of chronic illness, that kind of illness that cause most of the misery in life, to as late in life as possible.

Keys to a long life:

1. Engage in daily physical activity.
2. Maintain a healthy diet that is rich in vitamins, minerals, and fibre, while ensuring an appropriate calorie intake.
3. Foster shared love and intimacy in relationships.
4. Build a network of family support.
5. Keep an active mind.
6. Get adequate sleep and rest.
7. Maintain a low level of stress.

Embrace a life abundant with countless pleasures, where the pains are few and far between, and attain a remarkable overall quality of life that serves as an inspiration for many aspiring individuals.

A journey of thousand miles begins with a single step.

Chapter 64 of the Dao De Jing ascribed to Laozi (although it is also erroneously ascribed to his contemporary Confucius)

Trying to get healthy after you are sick is like digging a well when you are dying of thirst; focus on your health while you are healthy.

The great Marcus Tullius Cicero, who was a Roman statesman, lawyer, scholar, philosopher, writer and academic skeptic who tried to uphold optimate principles during the political crises that led to the establishment of the Roman Empire. He wrote in his book '*Cato Maior De Senectute*' that - It is our duty, my young friends to resist old age, to compensate for its defects by a watchful care. To fight against it as we would fight against disease. To adopt a regimen of health, to practice moderate exercise, mind to take just enough food and drink to restore our strength and not to over burden it. If we try to translate this in modern era terms then we can conclude it to the below 7 key features of healthy aging:

1. Appropriate Low-Calorie Diet:
    - Include 7-9 servings of seasonal fruits and vegetables daily.
    - Take a multivitamin with Vitamin D, which can be activated by sunlight.

2. Physical Activity:
    - Engage in aerobic exercises like a reasonably strenuous walk for five days a week.
    - Focus on muscle strengthening, particularly the quadriceps or thigh muscles, through exercises like squats. The quadriceps are a primary predictor of frailty in old age, and falls are a significant cause of mortality in older

adults. Muscle strength, balance, flexibility, and posture are crucial for overall health.

3. Smoking Cessation.
4. Moderate Use of Alcohol (if you do):
    - Limit alcohol consumption to one glass of red wine or grape juice.

5. Managing Stress:
    - Practice techniques such as meditation, yoga, visualization, and take regular vacations to reduce stress levels.

6. Building a Strong Support System and positive social network:
    - Cultivate friendships and relationships, emphasizing intimacy and love.

7. A Sense of Purpose:
    - Discover and nurture a sense of purpose in life.

Life means health, health means life

Until death, it is all life.

Miguel de Cervantes Saavedra

Man, himself is responsible for the limited life he lives because he has remained ignorant of the forces which sustain life and create health. the process of birth and death is going on with in physical body every moment of the day. the body is undergoing a complete molecular change at all time. Your entire body is made new in less than one year.

Death is a vital process of life. Death is two types:

1. somatic death - occurs once
2. molecular death - going on every moment. The work of molecular death is to clear away waste matter which if allowed to accumulate, would quickly produce the condition known as old age and somatic death.

The first crucial step towards achieving a long and fulfilling life is cultivating the right mental attitude. It is essential to maintain a mindset that is in perfect harmony with the natural processes of life. Instead of doubting your ability to live for a

hundred years, embrace the belief that longevity is attainable. By adopting a positive and optimistic outlook, you can set the stage for a healthier and more vibrant life.

Life can be likened to a flowing river, continuously undergoing change. Just as old forms of life are carried away, new ones are attracted to take their place. Introducing new forms of life requires us to change the conditions of the old ones. The constant flux and transformation are essential for the preservation of youthful existence. Embracing change becomes necessary to ensure the continuous growth and renewal of life.

Change is an inherent requirement for life itself. It is the absence of molecular change that leads to the deterioration of our bodies. The key to maintaining youthfulness lies in understanding how to replenish the old atoms with an equal number of new ones. The process of birth never ceases, as we continually incorporate fresh atoms of life through our thoughts and habits. Disease arises from the ignorant practices of unhealthy living.

It is amusing to witness the futile attempts of those who have lost their health due to poor lifestyle choices, seeking to regain it through the purchase of bottled remedies or quick fixes.

Drugs do not cure disease. Nature is the true healer of ailments of mankind and it is our duty to seek for and use her methods instead of blindly resisting them.

120 years

Fear less, hope more
Eat less, chew more
Whine less, breathe more
Talk less, say more
And all good things will be yours

Swedish proverb

The generally accepted biological lifespan for human beings is 120 years. Reaching the age of 120 is an extraordinary feat that relies on the blessings of nature. While the ultimate fate of life rests with the will of heaven, we can play an active role in extending our time through the proper management of our bodies and minds.

Nature holds the power to bring an end to life, but by taking care of ourselves physically and mentally, we can enhance our longevity. Striving to do our best and making conscious efforts towards a healthy lifestyle allows us to optimize our chances of living a longer and more fulfilling life.

Among the significant factors influencing longevity, the role of food is undeniably crucial, as what we consume becomes the building blocks of our bodies. One secret to long life lies in practicing moderation in our eating habits. By consuming less, we can promote longevity and well-being.

To attain a long life, it is important to have a clear goal in mind. Make a firm decision to live to a certain age and express this intention clearly to yourself. Then, plan and make necessary changes to your habits to embrace a lifestyle conducive to longevity.

It is essential to align our thoughts and actions, living in accordance with our beliefs and aspirations. By doing so, we avoid falling into a pattern where our thoughts merely reflect our past actions. Instead, we consciously shape our lives in line with our desired longevity lifestyle.

To experience the second half of your life as a time overflowing with joy and a profound sense of fulfilment, it is crucial to have a purpose or goal that infuses meaning into that phase. Life can be likened to a battlefield, and in the face of challenges, you must muster the courage to fight. Remember, when you engage in the battle, the ultimate aim is to emerge victorious.

Do you feel confident that your life has a direction and that you are the one driving your life for that direction? Ask yourself. What you can do to extend your lifespan, will be unfold gradually in this book. Just make up your mind to change your habits and lifestyle to reach there.

Healthy habits when cultivated can slow down the aging process. Take a few minutes to sit quietly and evaluate what are you doing that is unhealthy? What habits do you have that are unhealthy? How can you start making small changes.

If we look at species in the nature then we find that in general, tiny animals bearing many offspring have a short lifespan while large animals bearing few offspring live much longer. There are however exceptions everywhere.

Animal	**Maximum Lifespan**
Drosophila	40 days, Die within 2 weeks
Elephants	75-100 years, Bring out offspring every five years
Dog	12-18 years
Cow	20 years
Horse	20-30 years
Whales	45-90 years
Dolphin	40 years
Parrot	40-60 years
Gorilla	35-40 years
Chimpanzee	32-39 years
Lion	8-15 years
Tiger	8-10 years
Tortoise	150-255 years
Human Beings	Maximum well documented is 120 years

If we look at species of plants then the Methuselah comes to mind, a 4600 years pine tree that is still living in mountain side in Arizona.

During the 1900s, the average life expectancy for the average man was 45 years. However, advancements in various areas, such as the significant reduction of infant mortality rates, the development of cures for communicable diseases, improved hygiene practices, and better living conditions, have contributed to a remarkable increase in life expectancy. Today, the current life

expectancy stands at around 80 years.

It is important to recognize that humans have the potential to live in good health up to the age of 120 years. This is achievable when individuals prioritize taking good care of themselves in accordance with the principles of nature.

It is observed that a species lives 6 times after its full growth. Human growth period is 20 years so theoretically should live, as per this biological rule, 20 multiply by 6 = 120 years. However, human lifespan is influenced by various factors, including genetics, lifestyle, and environmental factors

The Blue Zones

The days of our years are threescore years and ten; And if by reason of strength they be fourscore years, yet is their strength labour and sorrow; For it is soon cut off, and we fly away. Who knoweth the power of thine anger? Even according to thy fear, so is thy wrath.

PSALM-90:10-12 KJV

These are the regions known as 'Blue Zones,' which have gained recognition as hotspots of longevity around the world. The term 'Blue Zones' was coined when a team of researchers marked these areas on a world map using blue ink, symbolizing their unique status.

The Blue zones are listed below:

1. Ikaria, Greece.
2. Okinawa Islands, Japan.
3. Ogliastra Region, Sardinia.
4. Loma Linda, California.
5. Nicoya Peninsula, Costa Rica.
6. Hunza Region, Pakistan.

The inhabitants of these regions are predominantly long-lived centenarians, and their secrets of longevity have piqued the interest of gerzontologists worldwide. These individuals lead simple, stress-free lives with a strong sense of purpose. They prioritize consuming locally sourced, organically

grown products, cultivated in chemical-free fields. They benefit from robust social support networks and hold strong spiritual or religious beliefs. Moderation in food intake is a common practice, as exemplified by the Okinawa people who follow the principle of 'Hara Hachi Bu,' eating until they are 80% full. Retirement is not a common concept, as even individuals above 90 years can be found working in the fields. They enjoy moderate wine consumption, often accompanied by food and friends during social occasions. Their busy and engaged lives leave no room for thoughts of death, as they are focused on living fully. They are generally relaxed, happy individuals who find joy in humor, singing, and celebrating life's unfolding moments. Conflict and disputes are rare, as they prioritize harmony and peaceful coexistence with one another.

What Okinawan's do:

1. Consume a high-nutrient, low-calorie diet.
2. Plan a well-balanced and varied diet.
3. Include plenty of fresh, organically and locally grown vegetables and fruits.
4. Incorporate essential fatty acids from fish into your diet.
5. Regularly consume soy-based foods.
6. Choose whole grains over refined carbohydrates.
7. Moderate alcohol intake.
8. Drink green tea and calcium-rich water.
9. Engage in regular exercise.
10. Stimulate mental activity throughout life.
11. Maintain a healthy psychospiritual outlook and manage stress levels.

What Okinawan's do not do:

1. Avoid overeating.
2. Avoid overcooking food to preserve its nutritional value.
3. Minimize consumption of refined sugar.
4. Limit intake of salt.
5. Reduce consumption of refined and processed foods.
6. Moderate meat or dairy consumption.
7. Refrain from smoking.
8. Limit consumption of black tea or coffee.
9. Practice moderation in alcohol consumption.
10. Maintain an active lifestyle even after reaching retirement age.

It's important to note that while these habits are associated with the Okinawan lifestyle, other factors such as genetics, social connections, and overall lifestyle choices also contribute to their long and healthy lives. Additionally, the clean environment of Okinawa is indeed a positive aspect that may contribute to their well-being.

At seventy you are but a child, at eighty you are merely a youth and at ninety, if ancestors invite you in to heaven, ask them to wait until you are one hundred and then you might consider it

Written on a beach marker in Okinawa

Some documented examples of people who lived a long life:

Li Ching-Yuen was a remarkable Chinese man who lived an extraordinary life and achieved an

exceptional age. Born in 1677, he passed away on May 6, 1933, at the incredible age of 256 years. Li Ching-Yuen was known as a herbalist, martial artist, and skilled practitioner of Qigong.

An old photograph of Li Ching-Yuen

As a herbalist, he specialized in selling various Chinese herbs, including Lingzhi, Goji berries, Ginseng, Heshouwu, and Gotu kola. His diet mainly consisted of these herbs and rice wine. Li Ching-Yuen attributed his longevity to his herbal diet and lifestyle practices.

Li Ching-Yuen was reported to have 23 wives throughout his life and had a large number of children. Some sources credit him with having over 200 children from his wives, while others mention 180 descendants spanning 11 generations at the time of his death. He was survived by his 24th wife, a woman of 60 years.

Li Ching-Yuen was described as a tall man, standing at 7 feet, with good eyesight and a brisk walking pace. Despite his age, he maintained a healthy and active lifestyle until his passing.

He attributed his secrets of longevity to a few principles: keeping a calm and quiet heart, adopting a meditative sitting posture like a tortoise, walking with sprightly steps like a pigeon, and enjoying restful sleep like a dog.

While Li Ching-Yuen's exceptional age and longevity are widely discussed, it's important to consider that verifying specific details from centuries ago can be challenging. Nonetheless, his story continues to captivate and inspire many to explore the possibilities of living a healthy and fulfilling life.

Thomas Parr, the son of John Parr from Winnington in the parish of Alberbury in Shropshire, U.K., was born in 1483 during the reign of King Edward IV. He passed away in 1635 and was laid to rest in the Strand, near Lord Arundel's estate in London, at the remarkable age of 152 years and some months. Thomas Parr lived through the reigns of ten kings and was eventually buried in Westminster Abbey in London.

Painting of Thomas Parr by an unknown artist.

At the age of 120, Thomas Parr married a widow. He was brought to London by Thomas, Earl of Arundel, and even had the opportunity to meet the King. The King asked him, "You have lived longer than other men. What have you done more than other men?" Thomas Parr replied, "I did penance when I was a hundred years old."

Thomas Parr attributed his longevity to a few principles that he followed throughout his life:

1. **Temperance:** He believed in keeping a cool head through temperance, practicing moderation in all aspects of life.
2. **Exercise:** Thomas Parr emphasized the importance of keeping the feet warm through regular exercise. He understood the benefits of staying physically active.
3. **Sleep Routine:** He advocated for rising early and going to bed early. He believed in maintaining a balanced sleep schedule and cautioned against excessive sleep or late nights.
4. **Moderation:** Thomas Parr advised moderation in both sleep and diet. He suggested being mindful of one's sleeping habits and practicing moderation in food consumption.

While Thomas Parr's age and life story are notable, it's essential to consider the limitations of historical records and verifications from that time. Nonetheless, his principles of temperance, exercise, maintaining a regular sleep routine, and moderation in diet can offer valuable insights into leading a balanced and healthy lifestyle.

Jeane Calment was a French woman born in Arles

in 1875. She gained international recognition for her remarkable longevity and claimed to have met Vincent van Gogh when she was around eighty years old.

An old photograph of Madame Calment

In an interesting turn of events, Madame Calment made a deal to sell her apartment to a lawyer friend who was in his late forties. As per the common practice in France, the buyer agreed to pay her 2500 francs per month for the rest of her life and would take possession of the apartment after she passed away. However, there was an unexpected twist—year after year, Madame Calment continued to live.

Despite her advancing age, Madame Calment remained active and engaged in life. She rode a bicycle until she reached the impressive age of 100 and even smoked until she was 117. Interestingly, quitting smoking at that point may have been a

mistake, as she only survived for another five years. Madame Calment eventually passed away at the remarkable age of 122 years and 156 days. By that time, the lawyer who had purchased her apartment had also passed away, having paid her twice the value of the property during their agreement.

Jeane Calment's longevity continues to fascinate and intrigue researchers and the general public alike. Her active lifestyle, which included regular exercise and an independent spirit, may have played a role in her exceptional lifespan.

Swami Sivananda, a renowned Yoga Guru, was born in 1896 and has gained recognition for his remarkable longevity. In 2022, he was honored with the Padma Shri award by the Government of India, and he continues to be alive and well.

A picture of Swami Sivananda

Swami Sivananda attributes his longevity to his daily routines and frugal diet. His lifestyle practices include a disciplined schedule:

- **Sleep**: He follows a consistent sleep pattern, going to bed at 9 pm and waking up at 3 am, ensuring he gets sufficient rest.
- **Yoga:** Swami Sivananda dedicates one and a half hours every day to practicing yoga, which contributes to his physical and mental well-being.
- **Diet:** His diet consists primarily of khichdi, a traditional Indian dish made with rice and lentils, eaten twice a day. He accompanies it with a green chili, known for its health benefits.

Swami Sivananda resides in Varanasi, a spiritual city in India. The validity of his claimed age has been verified through temple registers and official documentation.

While Swami Sivananda's lifestyle and practices may contribute to his longevity, it's important to recognize that individual experiences and factors affecting lifespan can vary. Nonetheless, his dedication to a disciplined routine, including regular yoga practice and a simple diet, can provide insights into leading a balanced and healthy lifestyle.

Fauja Singh, a Non-Residential Indian (NRI), was born on April 1st, 1911. He is a British Sikh super centenarian and a retired marathon runner of Punjabi Indian descent. Throughout his running career, he achieved numerous world records in marathon competitions.

Fauja Singh in 2007

Fauja Singh's remarkable accomplishments include setting a marathon record for individuals aged 90 and above, completing the race in 5 hours and 40 minutes at the age of 92. At the time of this revision, Fauja Singh is 111 years old and is affectionately known as the "Turbaned Tornado."

In a remarkable feat, at the age of 93, Singh completed a 26-mile (42 km) marathon in 6 hours and 59 minutes, setting a new world record. It's worth noting that he began taking running seriously at the age of 89, proving that age is not a limiting factor. With determination and systematic practice, one can achieve great things at any age, as our bodies are incredible machines.

Fauja Singh weighs 58 kg and stands at a height of 172 cm. His diet consists of simple and nutritious foods such as *phulka* (Indian bread), *dal* (lentils), green vegetables, yogurt, and milk. He also drinks ample amounts of water and enjoys ginger tea.

Furthermore, he maintains a positive mental outlook by going to bed early while reciting the name of God and consciously avoiding negative thoughts.

Fauja Singh's extraordinary journey serves as an inspiration, reminding us that with dedication, perseverance, and a healthy lifestyle, we can overcome challenges and achieve remarkable feats regardless of age.

Shigeki Hinohara, a centenarian doctor from Japan, lived to the age of 105 and firmly believed that aging does not signify decline or a lack of purpose. Throughout his life, he authored more than 150 books. In 2001, his final book titled "How to Live Well" was published, offering valuable advice for longevity.

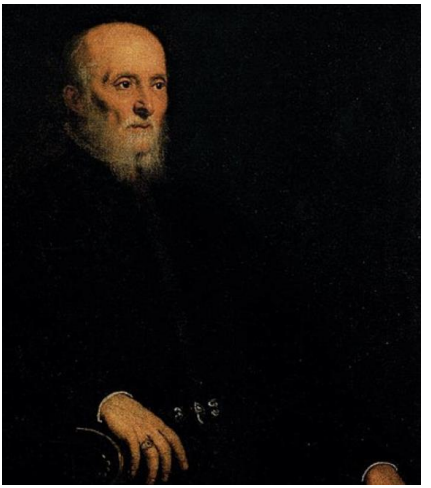
Shigeki Hinohara in July 2013

Hinohara's advice is refreshingly simple: to live a long and fulfilling life, one should remain active, maintain a healthy weight, and cultivate a sense of purpose. He emphasized the importance of staying engaged and active in various aspects of life. Hinohara believed that true energy comes from feeling good and having a positive outlook, rather than solely relying on diet and sleep.

Regardless of our age, Hinohara believed in the significance of being part of something meaningful, such as a community, family, or profession. He stressed the importance of making contributions and having goals that extend into the future. By staying connected and engaged in meaningful activities, we can continue to lead fulfilling lives and maintain a sense of purpose.

Shigeki Hinohara's wisdom serves as a reminder that age does not limit our potential for growth and contribution. By adopting an active lifestyle, maintaining a healthy weight, and nurturing a sense of purpose, we can enhance our well-being and continue to thrive at any stage of life.

Louis Cornaro, born in the year 1464 in the city of Venice, passed away in Padua in April 1566 at the remarkable age of 103 years. This Italian gentleman had struggled with poor health until the age of 40, but he made a significant lifestyle change that transformed his well-being. He adopted a temperate way of life, consuming only 12 ounces of solid food and 16 ounces of liquid per day. This moderation allowed him to recover from various ailments.



Portrait of Alvise Cornaro by Tintoretto

Cornaro observed that centenarians, as a rule, are moderate eaters. They consume small portions of simple foods, which he believed contributes to their prolonged lives. He dedicated himself entirely to a sober and regular lifestyle, and within less than a year, he was completely free from all illnesses. His philosophy revolved around consuming only the quantity and types of food that his stomach could easily digest and tolerate. He maintained strict discipline in his sleep patterns and engaged in regular exercises in well-ventilated spaces.

According to Cornaro, when he saw an abundance of food laid out on a table, he saw the potential for gout, fever, and various diseases. He believed that those who wish to eat abundantly must first learn to eat sparingly. By eating smaller portions, one can prolong their life and, in turn, have the opportunity to enjoy a greater variety of foods over an extended period. Cornaro stressed that by

following a habitual routine of exercise and temperance, one could maintain good health without relying heavily on medicines.

He documented his insights and experiences in a treatise called "A Sure and Certain Method of Attaining a Long and Healthy Life." Cornaro lived long enough to publish multiple editions of the book, even after reaching his hundredth year. In the end, he passed away peacefully, without pain or agony, much like falling asleep.

Louis Cornaro's journey serves as an inspiration, showcasing the transformative power of a temperate lifestyle and moderation in diet. By practicing self-discipline, engaging in regular exercise, and adopting healthy eating habits, individuals can enhance their overall well-being and increase their chances of attaining a long and fulfilling life.

Theories of Ageing

Age is an issue of mind over matter. If you don't mind, it doesn't matter.

Mark Twain

The exact cause of aging is not fully understood, and various scientists around the world have postulated different theories. It's important for readers to be aware of these theories so that they can take precautions to prolong their lives.

1. **The Wear and Tear Theory**: Postulated by German biologist Dr. August Weismann in 1882, this theory suggests that the body and its cells are damaged by overuse and abuse. According to this theory, organs such as the liver, stomach, kidneys, and skin are worn down by toxins present in our diet and environment. Excessive consumption of fat, sugar, caffeine, alcohol, nicotine, exposure to ultraviolet rays from the sun, and other physical and emotional stresses contribute to this wear and tear on our bodies.

2. **The Neuroendocrine Theory** - Postulated by Dr. Vladimir Oilman, PhD - states that in our youth, our hormone levels tend to be high. However, as we age, the body produces lower levels of hormones, which can have detrimental effects on our body functions. Hormones such as growth hormone, human growth hormone,

testosterone, and thyroid hormones decrease dramatically, contributing to the process of aging. These hormonal changes can impact muscle mass, overall vitality, and various physiological processes, leading to age-related changes in the body.

3. **The Genetic Control Theory** - This theory of planned obsolescence focuses on the genetic program encoded within our DNA. It suggests that each of us enters the world with a predetermined genetic blueprint, as if we are machines programmed for self-destruction. Our genetic makeup contains instructions that dictate the lifespan and functioning of our cells, tissues, and organs. Over time, genetic factors play a role in the aging process and contribute to the eventual decline and deterioration of our bodily systems.

4. **The Free Radical Theory** - First introduced by Mr. R. Gerschman in 1954 but developed by Dr. Denham Herman of the University of Nebraska College of Medicine, the concept of "free radicals" refers to molecules that differ from conventional molecules in that they possess a free electron. This property makes them highly reactive and capable of engaging in volatile and destructive interactions with other molecules. Free radicals carry an extra negative charge, resulting in unbalanced electrical energy that drives them to attach themselves to other biomolecules, attempting to steal a matching electron to achieve electrical equilibrium. In doing so, they can cause extensive damage to the body. Free radicals target the structure of our cell

membranes, leading to the creation of metabolic waste products, including a substance known as lipofuscin. Excessive lipofuscin accumulation in the body manifests as darkening of the skin in certain areas, commonly known as aging spots. Free radicals have the potential to induce mutations and contribute to the development of cancer. They also cause oxidative damage to cells. Antioxidants are compounds that scavenge free radicals, neutralizing their harmful effects. Natural antioxidants such as Vitamin C, Vitamin E, and beta-carotene (a precursor of Vitamin A) are potent in combating free radicals. Taking antioxidant supplements can help mitigate some of the effects of aging.

5. **Waste Accumulation Theory** - In the course of their lifespan, cells produce more waste products than they can effectively eliminate. This accumulation of waste includes various toxins that, when reaching a certain level, can interfere with normal cell function and ultimately lead to cell death. However, by practicing fasting, we can stimulate a process called autophagy. Autophagy involves the cellular breakdown and recycling of damaged or unnecessary components, including accumulated waste. During autophagy, these cellular wastes are utilized in cellular metabolism and cleared from the system, promoting overall cellular health and potentially prolonging life.

6. **Limited Number Of Cell Divisions Theory**- In 1962, Dr. Hayflick and Dr. Moorhead, cell biologists, proposed a theory known as the Hayflick Limit Theory. Through their research,

they demonstrated the senescence (aging) of cultured human cells. They discovered that the aging process is controlled by a biological clock that exists within each human cell. Specifically, fibroblast cells found in the skin, muscle, lung, and heart have a limited lifespan. These cells typically divide approximately 50 times over a period of years and then cease dividing altogether.

Furthermore, nutrition has been found to influence the rate of cell division. Cells that are overfed can undergo up to 50 divisions in a year, while underfed cells may take three times as long as normal cells to complete divisions. This suggests that the availability of nutrients can impact the cellular aging process and the Hayflick limit.

7. **Death Hormone Theory -** Dr. Donnes Dencle, an endocrinologist, was convinced that the aging process is initiated by the secretion of certain "death hormones" by the pituitary gland. He referred to these hormones as DECO. According to his theory, DECO inhibits the cells' ability to utilize thyroxine, a hormone produced by the thyroid gland that governs basal metabolism—the rate at which cells convert food into energy. As a result, the metabolic rate decreases, leading to an acceleration of the aging process.

8. **Thymic Stimulation Theory** - The thymus is considered a master gland of the immune system. Dr. Alan Goldstein, Chairman of the Biochemistry Department at George Washington University, has postulated this theory. The thymus gland weighs around 200 to 250 grams

at birth but reduces to approximately 3 grams by the age of 60. This reduction in thymus size contributes to the aging process by weakening the body's immune system.

9. **Mitochondria Theory** - Free radicals damage mitochondria, impairing cellular respiration and contributing to the aging process. Mitochondrial repair could potentially play a crucial role in combating aging.

10. **Error And Repair Theory** - In 1963, Dr. Leslie Orgel of the Salk Institute proposed that the machinery responsible for protein synthesis in cells is crucial. Any errors in this machinery could have catastrophic effects, potentially leading to accelerated aging.

11. **Redundant DNA Theory** - Errors accumulate in genes for age changes.

12. **Cross Linkage Theory** - In 1942, Johan Bjorksten put forth the idea that older immune systems become less efficient in clearing out excess glucose molecules from the blood. When these sugar molecules accumulate, they can react with proteins, leading to the formation of cross-links and the generation of destructive free radicals. These cross-links can impair the normal functioning of proteins and contribute to cellular damage and aging. It emphasizes the importance of maintaining healthy blood sugar levels and minimizing the accumulation of excess glucose to mitigate the detrimental effects on the immune system and overall aging process.

13. **Auto Immune Theory** - With age, the immune system's ability to distinguish between antibodies and proteins can diminish. As a result, the immune system may become self-destructive and start reacting against its own tissues and cells. This phenomenon, known as autoimmunity, can lead to chronic inflammation, tissue damage, and various autoimmune diseases. The decline in immune tolerance and the development of autoimmunity are believed to be influenced by a combination of genetic factors, environmental triggers, and the cumulative effects of aging on immune function. Safeguarding immune health and managing autoimmune conditions become crucial in maintaining overall well-being as we age.

14. **Calorie Restriction Theory** - Proposed by Dr. Roy Walford, a gerontologist at UCLA Medical School, the concept of a high-nutrient, low-calorie diet suggests that restricting calorie intake without causing malnutrition can significantly slow down the functional aging process. This dietary approach, often referred to as caloric restriction, involves consuming a reduced number of calories while ensuring adequate nutrition through the intake of nutrient-dense foods.

By adopting a high-low diet that is rich in essential vitamins, minerals, and other vital nutrients, combined with regular exercise, individuals may experience various health benefits and potentially prolong their lifespan. Caloric restriction has been shown to enhance cellular function, improve

metabolism, reduce oxidative stress, and increase the body's resistance to age-related diseases.

However, it's important to note that caloric restriction should be approached with caution and under the guidance of a healthcare professional, as it may not be suitable for everyone and can have potential risks if not properly managed. It is essential to maintain a balanced and varied diet that meets individual nutritional needs while considering the potential benefits of caloric restriction for healthy aging.

15. **Gene Mutation Theory** – With age, mutations occur within our genetic material, which can contribute to the aging process. These mutations can manifest as changes in DNA sequences, gene expression, or alterations in the structure of chromosomes. Over time, accumulated mutations can lead to a decline in cellular function, tissue degeneration, and increased susceptibility to age-related diseases.

Mutations can arise from various factors, including exposure to environmental toxins, radiation, errors during DNA replication, and the cumulative effects of biological processes. The body has mechanisms in place to repair these mutations, but with advancing age, the efficiency of these repair systems may decrease, allowing more mutations to persist.

The presence of mutations can disrupt normal cellular processes, including DNA repair, protein synthesis, and cellular signaling pathways. These disruptions can lead to impaired cellular function,

tissue dysfunction, and the overall decline associated with aging.

While mutations are a natural part of the aging process, certain lifestyle factors such as exposure to harmful environmental agents, poor nutrition, and unhealthy habits like smoking or excessive sun exposure can increase the frequency and severity of mutations.

Understanding the role of mutations in aging can provide insights into the mechanisms underlying age-related changes and potentially lead to the development of interventions that target and mitigate the effects of these mutations. Ongoing research in the field of genetics and aging aims to unravel the complex relationship between mutations and the aging process, paving the way for potential therapeutic strategies to promote healthy aging and enhance longevity.

16. **The Rate Of Living Theory** - Max Rabner, a German physiologist, proposed that if we live our lives at a slower pace than the rate at which we age, the aging process can be slowed down. This concept suggests that by adopting a lifestyle characterized by moderation, balance, and healthy habits, we can potentially slow down the effects of aging on our bodies and overall well-being.

Rabner's idea emphasizes the importance of taking a proactive approach to our health and lifestyle choices. By avoiding excessive stress, maintaining a balanced diet, engaging in regular physical activity, getting sufficient rest and relaxation, and cultivating

positive mental and emotional well-being, we may be able to positively influence the rate at which our bodies age.

Slowing down the aging process through a mindful and balanced lifestyle has gained attention as a potential strategy for promoting healthy aging. While the exact mechanisms and extent of its impact are still being explored, adopting a slower, more deliberate approach to life may have profound effects on our overall health, longevity, and quality of life.

It is worth noting that individual experiences of aging can vary, and genetics, environmental factors, and other influences also play significant roles. However, embracing a lifestyle characterized by moderation and balance can contribute to overall well-being and potentially slow down the negative effects typically associated with aging.

17. **Order Disorder Theory** - After sexual maturation, disruptions occur in biomolecules, which, in turn, can cause other molecules to generate errors, ultimately contributing to the aging process.

During the aging process, various factors can lead to molecular dysfunction and the accumulation of errors in biological systems. After sexual maturation, the body undergoes a series of changes, including hormonal fluctuations and metabolic shifts. These changes can disrupt the intricate balance of biomolecules, such as proteins, nucleic acids, and lipids, which are crucial for proper cellular function.

When biomolecules become compromised, they may exhibit alterations in their structure, function, or interactions with other molecules. These molecular disruptions can have a cascading effect, propagating errors and impairing essential cellular processes. As a result, cellular functions decline, DNA damage accumulates, and various physiological systems experience diminished efficiency.

The errors that arise in biomolecules can lead to a wide range of age-related manifestations, including tissue degeneration, impaired organ function, reduced regenerative capacity, and increased susceptibility to diseases. Over time, these cumulative effects contribute to the overall aging phenotype.

While the exact mechanisms underlying the progression of aging are complex and multifaceted, the role of molecular disruptions and errors is a significant aspect. Understanding and mitigating these errors through approaches such as anti[-oxidant therapies, DNA repair mechanisms, and lifestyle interventions may hold promise for slowing down the aging process and promoting healthier aging.

18. **Telomeres Theory of Aging** - Telomeres were first discovered by a group of scientists at the Geron Corporation in Menlo Park, California. Telomeres are sequences of nucleic acids that extend from the ends of chromosomes. Their primary function is to maintain the integrity of our chromosomes during cell division.

Each time our cells divide, a small portion of the telomeres is naturally lost. This shortening of

telomeres is a normal part of the aging process. However, as telomeres progressively shorten with each cell division, they reach a critical length that triggers cellular damage and eventually leads to cell death, which is associated with aging.

The shortening of telomeres is often considered a molecular clock that reflects the cumulative effects of cellular replication and aging. When telomeres become critically short, cells may enter a state of senescence or apoptosis, limiting their ability to divide and function properly. This process is thought to contribute to age-related declines in tissue and organ function.

It is important to note that telomere length is influenced by various factors, including genetic predisposition and environmental factors. Additionally, certain lifestyle choices and interventions, such as maintaining a healthy diet, engaging in regular physical activity, managing stress, and avoiding harmful behaviors, may help preserve telomere length and potentially slow down the aging process.

Ongoing research on telomeres and their role in aging provides valuable insights into potential strategies for promoting healthier aging and developing interventions to maintain telomere length and cellular function.

Scientists have discovered that a crucial element in rebuilding our diminishing telomeres is an enzyme called telomerase. Telomerase is primarily found in germ cells and cancer cells, and it plays a significant role in repairing and replenishing telomeres. By

manipulating the cellular mechanisms that control the lifespan of dividing cells, telomerase helps maintain the integrity and length of telomeres.
Understanding telomerase has opened up new possibilities for medical research. One potential application is the development of telomerase inhibitors, which could hold promise in halting the uncontrolled division of cancer cells. By inhibiting telomerase activity, it may be possible to prevent cancer cells from replicating and potentially even coax them into returning to a normal, non-cancerous state.

The concept of telomerase inhibitors as a potential therapeutic strategy is still an area of active investigation and development. Researchers are working to uncover the intricacies of telomerase regulation and its specific roles in different cell types. This knowledge is essential for developing targeted therapies that can selectively inhibit telomerase activity in cancer cells while preserving normal cell function.

While the field of telomerase and telomere research is relatively new, it holds promise for advancing our understanding of cellular aging, cancer development, and potential interventions. Continued studies and discoveries in this area may pave the way for innovative treatments that target telomerase and telomeres to combat age-related diseases and cancers

Life Habits Determine Longevity

Superior doctors prevent disease. Mediocre doctors treat the disease before it is evident. Inferior doctors treat the full-blown disease.

Chinese proverb

120 years is the life span generally accepted as biologically possible in human being. Living to be 120 is impossible without the blessing of nature. Do your best and then the will of heaven will take over.

The power to end life belongs to nature but we can extend the time through management of our bodies and minds of the major factors determining longevity, food is definitely important as the food you consume becomes your body. Eating less is one secret of long life. You must have a clear goal. Make up your mind to live to a certain age. Express your intention clearly to yourself. Then plan and change your habits for longevity life style. We must live as we think or we shall end up by thinking as we have lived.

To design the second half of your life and overflowing with joy and a sense of fulfilment. You must have a purpose or goal that give that time meaning. Life is a battle field so you have to fight

and when you fight you have to win.

Do you feel confident that your life has a direction and that you are the one driving your life that direction? Ask yourself what you can do to extend your lifespan will be gradually unfold in this book. Just make up your mind to change your habits and lifestyle to reach there. Healthy habits when cultivated can slow down the aging process.

Reduce your physiological age:

- Believe that it is possible to reduce your physiological age as much as 15 years. Just imagine 60 years old having the body of healthy and fit body of 45 years old.
- Understand the difference between desire and decision. Make decision to lower your physiological age now, forget about positive thinking, believe in massive action.
- Evaluate your present conditions for future reference.
- Understand the importance of growth hormone and testosterone
- Adopt the training philosophy 3 hours/week to strength and cardiovascular training.
- Fix your diet-eliminate saturated fat, sugar, white bread.
- Associate with positive like-minded people.
- Develop the right attitude.
- Do not compete with others. Compete with your best efforts

The idea is to die young as late as possible. It is widely acknowledged that a significant portion of

diseases known to humanity are linked to the consumption of inexpensive food items (such as pakora, samosa, fast food, pizza, burgers, noodles, processed foods, and so on).

A good anti-aging diet is the most significant factor that can be altered to extend both lifespan and health span. It is important to consume nutrient-rich foods and avoid calorie-rich, chemical-laden foods, as they play a crucial role in supporting overall well-being and longevity.

Limit your non-vegetarian food intake to 3 to 4 servings of 100 to 150 grams per week. Fish is the recommended choice. Dairy products like non-fat yogurt and low-fat cheese are allowed, but a significant portion of your protein intake should come from nuts and beans. Avoid strict vegan diets as they may lead to essential dietary factors being missed.

1. Aim to have 8 to 10 servings of fruits and vegetables per day.
2. Include 1 to 2 smoothies in your daily routine. Here's a suggested smoothie recipe:

    - Half cup of blueberries
    - Half cup of carrots
    - Half cup of broccoli or spinach
    - 3 prunes

3. Consume one apple and one orange daily, along with salads on most days.
4. Opt for whole carbohydrates like *dalia* and brown rice in small quantities, mixed with vegetables such as beans, peas, carrots,

cauliflower, and capsicum as much as possible.
5. Minimize your intake of sugar, salt, MSG, cookies, crackers, cakes, pastries, and junk food.
6. Use canola oil or extra virgin olive oil for cooking.
7. Ensure you get enough fiber and include fermenting products to feed your internal commensal microbes.

A healthy colon with a diverse microbial population is essential for your overall health and longevity.

Consider following a CRAN (Calorie Restricted with Adequate Nutrition) diet. This involves reducing your normal daily food intake by 20 to 50% of calories, which has been shown to naturally extend lifespan by a factor of 10 to 60%, depending on the species or conditions. It is important to ensure that despite the calorie restriction, your diet still provides adequate nutrition for optimal health.

The ideal diet should consist of the following proportions:

- 10% proteins
- 20% carbohydrates
- 5% fats
- 65% fruits and vegetables

Rituals for Longevity:

1. **Smile**: Think positive, be optimistic, and enthusiastic. Love life, and life will love you back.
2. **Eat**: Stop eating when you are 80% full.

3. Keep Your Numbers in Check:

    - **Blood Pressure (BP):** Maintain a reading of 130/88 mmHg or lower.
    - **Fasting Blood Sugar (FBS):** Keep it below 100 mg/dL.
    - **Postprandial Blood Sugar (PPBS):** Keep it below 180 mg/dL.
    - **BMI (Basal Metabolic Rate):** Maintain a range of 18 to 25.

4. **Sleep**: Aim for 6 to 8 hours of quality sleep every night.
5. **Practice Good Oral Hygiene:** Brush your teeth twice daily and floss once daily.
6. **Exercise:** Engage in 30 to 60 minutes of physical activity each day.
7. **Limit Television Viewing:** Spend less than 2 hours watching TV.
8. Get Fresh Air: Spend 15 to 30 minutes outdoors daily.
9. **Practice Reflection:** Spend a few minutes each day in quiet reflection, whether through prayer, meditation, yoga, or pranayama.
10. **Connect:** Engage with your community and the world, understanding that what you give is what you receive.
11. **Eat Natural Foods:** Prioritize fresh, natural foods and make time for breakfast each morning. Avoid processed foods.
12. **Include Lean Protein**: Incorporate lean protein into your diet. Take one scoop of whey protein in water or skim milk three times a day.
13. **Supplement:** Take three omega-3 (fish oil) capsules and a multivitamin tablet daily.

14. **Quit Tobacco**: Give up tobacco in all forms.

By following these rituals, you can promote longevity and enhance your overall well-being.

Taking a balanced diet is crucial for maintaining overall health and promoting longevity. It is recommended to eat a variety of foods to ensure a diverse range of nutrients. Maintaining an ideal body weight is important, and this can be achieved by eating slowly and regularly.

One should avoid turning to food when feeling bored and instead engage in pleasurable activities. Similarly, eating should be avoided when feeling angry, and it is beneficial to communicate and share feelings instead. Controlling portion sizes is essential, and keeping serving dishes off the table can help in this regard. It is important to be mindful while eating and avoid distractions like reading or watching television, allowing oneself to be aware of the amount of food consumed.

Limiting fat intake to less than 30 percent of the total diet is recommended. Whole foods, such as raw or lightly steamed vegetables, whole grains, cereals, dried peas, and seeds, should be included in the diet. It is advisable to avoid excessive sugar and limit salt intake to no more than 5 grams per day. Alcohol, cigarettes, tobacco, and caffeine from sources like black tea, chocolate, and colas should be avoided.

Taking vitamin and mineral supplements can help ensure adequate nutrient intake. While a predominantly vegetarian diet is preferable,

consuming a small amount of non-vegetarian food once a week is allowed. Instead of having two or three large meals, it is beneficial to have frequent small meals throughout the day.

Taking time over meals and eating slowly, savoring each bite, is important. Enjoying nutritious foods in a peaceful atmosphere promotes relaxation and contributes to a healthy body and mind. By following these guidelines, one can work towards developing a healthy lifestyle that supports overall well-being and longevity.

Longevity Diet Chart

- On waking:
    - Drink 1 glass of lukewarm water with half freshly squeezed lemon and 1 tsp honey
    - Or have 25 black raisins soaked in a copper vessel, chew them in the morning
    - Alternatively, have freshly squeezed juice of 1 apple, pineapple, orange, grapes, and lemon (1 glass)

- Breakfast:
    - Fresh fruits like apple, peaches, pineapple, papaya
    - 1 glass of milk with honey
    - Few almonds, sunflower seeds, or pumpkin seeds

- Lunch:
    - Steamed vegetables such as carrot, cabbage, cauliflower, bottle gourd,

pumpkin, beans, etc.
    - 3 whole wheat chapatis (roti) or 1.5 cups of brown rice
    - 1 glass of buttermilk

- Mid-afternoon:
    - Vegetable juice or coconut water

- Dinner:
    - Fresh salad with lettuce, carrots, cabbage, cucumber, tomato, onion, sprouts, and red beets
    - 1 roti and vegetable soup

- At bedtime:
    - 1 cup of turmeric milk and 1 apple

- Antioxidant-rich foods:
    - One theory of aging is the oxidant theory, and antioxidants neutralize free radicals and protect the body from oxidant injuries.
    - Natural antioxidant-rich foods include spinach, carrots, broccoli, oranges, bananas, sweet potatoes, almonds, and peanut butter.

- Primary antioxidants:
    - Superoxide dismutase (SOD)
    - Catalase
    - Glutathione peroxidase
    - CoQ10

- Secondary antioxidants:
    - Resveratrol (found in peanuts and red wine)

- Vitamins A, C, E
- Selenium
- Amino acid cysteine
- Sweet potato stimulates the production of SOD.
- Green tea and eggs stimulate glutathione.
- Resveratrol is found in peanuts and red wine.

Conscious Eating

Before eating, it is beneficial to take a moment to engage in mindful eating practices. Begin by taking a deep breath and holding the food in your hands, allowing yourself to appreciate its texture, weight, smell, shape, and color. Take a moment to express gratitude to God or reflect on the food's origin before taking your first bite.

Before eating ask yourself, are you really hungry?

It's important to check in with yourself before eating and assess your hunger levels. Ask yourself if you are truly hungry or if you are eating out of boredom or other emotional reasons.
Am I eating rapidly?

Additionally, consider the pace at which you are eating. Are you rushing through your meal without savoring each bite?

Am I considering others need while eating? Am I doing something else along with eating?

During mealtime, it is also essential to consider the needs and preferences of others who may be sharing the meal with you. Practice mindful eating by focusing solely on the act of nourishing your body and avoiding multitasking or engaging in other activities while eating.

Am I taking body nourishing food?

Lastly, be mindful of the choices you make regarding the foods you consume. Opt for nourishing and body-supportive options that provide essential nutrients. By incorporating these mindful practices into your eating routine, you can cultivate a deeper connection with your food and promote a more balanced approach to nourishing your body.

Eating Rules

To promote proper digestion, it is recommended to consume warm food as it is easier for the body to process. Opt for natural, unprocessed foods as they provide greater nutritional value and are generally healthier choices.

Another mindful eating practice is to eat in silence, allowing yourself to fully focus on the act of eating and savoring the flavors and textures of your meal. This can enhance your overall eating experience and promote a sense of mindfulness.

It is advisable to stop eating before reaching the point of fullness. By listening to your body's signals of satiety, you can avoid overeating and allow for proper digestion. Additionally, aim to keep at least

one quarter of your stomach empty to prevent discomfort and promote efficient digestion.

After your meal, consider sitting in *Vajrasana*, a kneeling posture, for approximately 10 minutes. This can aid in digestion and alleviate any potential digestive discomfort. Following this, engage in a short walk of around 100 steps to facilitate digestion further.

Taking a brief rest after lunch is beneficial for allowing the body to focus on digestion. Lie down on your left side during this resting period, as it can aid in proper digestion according to Ayurvedic principles.

Lastly, ensure that you consume a minimum of eight glasses of water each day to stay adequately hydrated and support overall bodily functions.

By incorporating these mindful practices into your eating routine, such as paying attention to your food choices, eating slowly and mindfully, and being aware of your hunger and fullness cues, you can enhance your digestion, promote overall well-being, and cultivate a healthier relationship with food. Mindful eating allows you to fully engage with the experience of eating, savouring each bite and being present in the moment.

Super Meal Model for Longevity

Carbohydrates:

- Aim for 5 to 7 cups of vegetables such as broccoli, spinach, sprouts, cauliflower, cabbage, and peppers.

- Include 2 to 3 cups of fruits per day, such as blackberries, blueberries, apples, lemons, and strawberries.
- Consume 1 cup of whole grains like brown rice and oats.
- Limit processed foods to less than 1 serving.

Proteins:

- Plant-based proteins: Consume 1 to 2 cups of legumes, including beans, lentils, nuts, seeds, tofu, and soy products.
- Fish: Aim for 3 to 4 ounces of salmon, tuna, or sardines per week.
- Meat: Limit intake to 1 to 2 pieces per day, choosing lean options like chicken and egg whites.

Fats:

- Include 2 to 3 tablespoons of healthy fats like extra virgin olive oil, almonds, cashews, walnuts, and flax seeds.

Liquids:

- Drink 6 to 9 glasses of pure water throughout the day.
- Include raw juice from vegetables and fruits as part of your liquid intake.

Super Meal - Plate Method for Longevity:

- Fill half of your plate with raw or steamed vegetables such as broccoli, onions, carrots, red and yellow peppers, and spinach.
- Allocate one quadrant of your plate to proteins like salmon, tuna, soy, nuts, beans, and cold-water fish.
- Use another quadrant for legumes and whole

grains, such as black beans, chickpeas, and organic brown rice.
- Use 1 tablespoon of extra virgin olive oil for cooking or as a salad dressing.

Daily Fountain of Youth Wake Up Drink

Boil 1 litre of water in a pot. Once the water reaches a boiling point, add 1 teaspoon of turmeric powder, 1 teaspoon of cinnamon powder, and 1 teaspoon of coffee. Include 5 Chinese spices: ginger, cloves, cardamom, cumin, and fennel seeds. Allow the mixture to boil for a few minutes, then strain the liquid to remove any solids. Squeeze the juice of half a lemon into the strained liquid and add 1 teaspoon of honey for sweetness. Stir well to combine all the ingredients. You can then enjoy this concoction by sipping it slowly, taking your time to savour each sip. It is recommended to consume the entire litre of this drink in the morning for its potential health benefits.

For if you eat living food, the same will quicken you, but if you kill your food, the dead food will kill you too.

Jesus Christ
The Essene Gospel of Peace

Diet Of A 96 Years Old Indian Lady

Early Morning:
- Start your day with 5 soaked and grated almonds.
- Enjoy a ripe banana.

After 45 minutes:

- Have a glass of tea with milk and sugar.

Breakfast:

- Prepare khichdi using *dalia* and moong dal.

Mid-Morning:

- Enjoy 1 grated apple with 1 teaspoon of lemon juice.

Lunch (1 PM):

- Have 2 phulka roti (Indian bread) with *kaddu* (pumpkin) *subji* and *aam chutney* (mango chutney).

Evening Tea:

- Sip on a glass of tea with milk and sugar.

Dinner:

- Enjoy 2 chapati with potato vegetable curry.
- Accompany your meal with a refreshing glass of buttermilk.

Add Years to Life

- No smoking: 9 years added
- Daily exercises and good sleep: 3 years
- Good diet and desirable weight: add 3 years
- Daily aspirin: 1 year
- Yearly medical examination: 2 years
- Regular antihypertensive medication: 1 year
- Avoid accidents (using seat belt, helmet): 1 year
- Immunized against influenza and pneumonia: 1 year

- Avoid alcohol: 1 year

100 Percent Healthy

1. Abundant energy
2. Ideal weight
3. No pain
4. Happy and motivated mood
5. Sharp mind and memory
6. A strong immune system and rarely falling ill
7. Balanced hormones
8. Trouble-free digestion
9. Deep sleep
10. Clear skin
11. Experiencing a strong sense of hunger

By putting optimum nutrition into practice, all of these benefits are achievable.

Role of the Brain

The best doctors in the world are Doctor Diet, Doctor Quiet, and Doctor Merryman.

Jonathan Swift

When your body is not functioning properly, the first area to investigate is your brain. The brain serves as the controller of the body's health, holding the key to living a long, healthy, and happy life. A balanced brain is not only crucial for restoring good health but also essential for maintaining overall well-being in the long run.

For instance, a simple imbalance in brain chemical dopamine can lead to increased feelings of hostility and anger. As stress levels rise, it puts strain on your cardiac muscles and elevates blood pressure. Eventually, this heightened state can deplete another vital brain chemical called serotonin, resulting in insomnia. When serotonin levels decrease, cravings for carbohydrates intensify, leading to excessive eating, weight gain, and potential health issues such as fatty liver, stroke, and heart attacks. Therefore, maintaining a calm and balanced state of mind is the initial step towards reclaiming good health. Meditation serves as an effective method to keep the brain or mind calm and composed.

Reaching a ripe old age is a blessing, and those who attain it are considered fortunate. However, there

are individuals who perceive themselves as old and simply pass their days at home, waiting for the end. This perspective is misguided. It is crucial to make an effort to stay fit and youthful by engaging in proper exercise. Exercise is like a powerful medicine, and dedicating 30 minutes, five days a week, is sufficient to keep your body in good shape.

In addition, maintaining a nutritious diet that is low in carbohydrates, low in fat, and high in proteins, vegetables, and fruits is essential. Adequate sleep of 7 to 8 hours, along with proper hydration and a positive mental attitude, will contribute to your youthful vitality. It is important to be social and foster connections with friends, as social isolation can be detrimental to longevity. Developing hobbies and interests to occupy your retired life is also crucial; otherwise, you may find yourself leading a miserable existence. Embracing these practices will help you maintain a vibrant and fulfilling life as you age.

Aim of an Aging Person:

1 - To live, not to exist only.
2 - Man among men.
3 - To do that which will endure.

Stepping out and giving the young man a chance, aging individuals should resist the gravitational pull and the moral, mental, and physical weaknesses associated with aging in order to live a long and healthy life. It is important to maintain good posture, sitting erect in your chair, and when you stand, lift yourself to your full height. When

you speak, let your voice possess full volume and energy, reflecting your vitality.

Never believe that you are obsolete or irrelevant. Stay engaged with the world by reading new books and associating with lively people. Age should not be a reason to believe that it is time to set aside the things of the present life and solely focus on preparing your soul for the next. There is no prescribed age at which you should stop working or pursuing your passions. Even if you are 100 years old, you should continue to work with the same vigor as if you were immortal, regardless of the knowledge that death may come tomorrow. Embracing this mindset will keep you active and purposeful, contributing to a fulfilling life at any age.

Use It or Lose It

Our body as enormous potential. We can mould it to any direction by mind power at any age. You can change your biological age and you will look, feel and act younger by:

1. correct physical training
2. scientific diet
3. an exploitation of mind body connection

You have desire to change until you make the decision to change, it will never happen. The difference between desire and decision is the difference between positive thinking and positive action. Those who do outstanding effort will reap all rewards. Face your shortcoming head on and strive

to improve yourself in all your weak areas. Compete with yourself with previous best efforts.
Almost any activity good or bad will become a habit with in about 6 weeks of regular practice and this includes. intense physical and mental training,

Whether you think you can, or you think you can't – you're right.

Henry Ford

If you are constantly thinking of failure, you will surely fail, you must persist until you win, be a person without limits, push yourself hard to reduce your biological age by 20 years. Convince your subconscious mind that you have success within your grasp and you will succeed. Do self-talk, write goals and read daily, by this you are ahead of 99 percent of world.

Five Tibetan Rites for Longevity

A person from the United States, named Peter Helder encountered a British colonel named Brad Ford (a pseudonym) who had met a Lama in Tibet and learned about the "Five Rites." The colonel referred to these rites as the "Fountain of Youth" and received training from the Lama. According to the accompanying booklet, these rites stimulate seven spinning psychic vortexes within the body. Two of these vortexes are located in the brain, one at the base of the throat, one on the right side of the body near the liver, one in the reproductive anatomy, and one in each knee. As we age, the spin rate of these vortexes diminishes, resulting in poor

health.

However, the spin rate of these vortexes can be restored by performing the five rites daily, leading to improved health. It is important to note that the sixth rite is intended only for monks leading a celibate life. The effectiveness of the rites is enhanced when combined with proper nutrition. Age reversal can occur with increased flexibility and endurance.

Eastern mystics have long believed that the body has seven principal energy centers corresponding to the seven endocrine glands. The hormones secreted by these glands regulate all bodily functions, and recent medical research has provided evidence that the aging process itself is hormone-regulated. The pituitary gland begins producing a death hormone during puberty, which interferes with the cells' ability to utilize beneficial hormones like growth hormone. As a result, cells and organs gradually deteriorate and eventually die, contributing to the aging process.

The five rites effectively restore balance to the body's seven energy centers, enabling cells to replicate and grow as they did in youth. By practicing these rites, it is possible to observe a reversal of the aging process and experience rejuvenation. However, the efficacy of these rites may vary for each individual, and the only way to determine their effectiveness is to try them. Consistent effort and practice will yield the benefits of age reversal and contribute to longevity.

Rite No. 1: Stand erect with arms outstretched

horizontally to the ground. Spin around from left to right until you feel dizzy. Focusing on a specific point on the wall, similar to a dancer, can reduce dizziness. Excessive spinning should be avoided, and performing this rite 12 times is sufficient for promoting health.

Rite No. 2: Lie flat on a blanket, facing up, with arms extended along your sides and palms pressed against the floor. Keep your fingers close together. Raise your head off the floor, tuck your chin against your chest, and simultaneously lift your legs with knees straight into a vertical position. If possible, allow your legs to extend back over your body towards your head. Then slowly lower both the head and legs. Allow the muscles to relax and then repeat the rite.do 12 repetitions.

Rite No. 3: Kneel on the floor with an erect body. Place your hands against the thigh muscles. Incline your head and neck forward, tucking the chin against the chest. Then, throw your head and neck as far forward as possible while simultaneously leaning backward, arching the spine. As you arch, brace your arms and hands against the thighs for support. After arching, return to the original position and repeat the rite. Breathe deeply as you arch the spine and exhale when returning to the erect position. Deep breathing is always beneficial.

Rite No. 4: Sit on the floor with your legs straight out in front of you and feet approximately 12 inches apart. Keep the trunk of your body erect. Place the palms of your hands on the floor alongside your buttocks. Tuck the chin forward against the chest. Then, drop the head backward as far as it will go

while simultaneously raising your body so that the knees bend while the arms remain straight. The final position will resemble a table, with your hands and legs acting as its legs.

Rite No. 5: Start by lying face down on the floor, supported by your hands with palms facing down and toes in a flexed position. Throughout this rite, keep your hands and feet spaced approximately two feet apart, and ensure that your arms and thighs remain straight. Begin with your arms perpendicular to the floor and the spine arched, creating a sagging position. Now, throw your head back as far as possible, then bend at the hips to bring the body up into an inverted V shape while simultaneously bringing the chin forward and tucking it against the chest. Return to the original position and repeat the rite. Remember to breathe deeply. This rite combines elements of *Konasana* and *Bhujangasana*, except the trunk does not touch the floor.

The real benefits of these rites are to normalise the speed of the spinning vertexes. With regular practice of these rites, it starts them spinning at a speed of a strong healthy man or women of 25 years age. It is the abnormal condition of the vertexes that produce abnormal health deterioration and old age.

Start each rite three times daily for the first week. In the following weeks, increase the daily repetitions by two until you are performing each rite 21 times per day. In ten weeks', you will be doing the full number of 21 rites per day.

During the resting periods between repetitions, practice deep breathing. Stand erect with your hands on your hips and breathe deeply and rhythmically several times.

It is essential to practice the rites every day to experience the benefits. You may skip one day in a week if needed. The five rites are specifically designed to restore health and youthful vitality.

Rite No. 6, also known as the Sixth Rite, should only be performed when you feel an excess of sexual energy.

Rite No. 6: Stand straight up and slowly exhale all the air out of your lungs. As you do this, bend over and place your hands on your knees. Force out the last trace of air, emptying the lungs completely. Return to a straight upright posture and place your hands on your hips. Press down on them to push your shoulders up while simultaneously pulling in your abdominal muscles as much as possible and raising your chest. Hold this position for as long as you can. When you finally take a breath, inhale through your nose. Once your lungs are full, exhale through your mouth. As you exhale, relax your arms, allowing them to hang naturally at your sides. Take several deep breaths through your mouth and nose. This completes one performance of Rite No. 6.

Please note that Rite No. 6 should only be practiced by celibate individuals or yogis.

The following practices should be observed alongside the performance of the six rites:

1. When eating, follow the example of the Lama by consuming only one item of food at a time and eat slowly.
2. Avoid combining starch and meat in the same meal, unless you are strong and healthy and can tolerate it.
3. If you drink coffee, have it black without milk or cream.
4. Chew your food thoroughly until it becomes a liquid, and try to reduce the overall amount of food you consume.
5. Incorporate raw egg yolks into your diet once a day, either before or after a meal, but not during the meal.
6. Limit the variety of foods you eat during each meal.

It's important to note that these six rites are focused on restoring energy and vitality, rather than building muscles. Therefore, they should be performed on an empty stomach.

The ideal time to perform the rites is either at sunrise or sunset. Ensure that there is a gap of at least 45 minutes between your night's sleep and the practice of the rites.

Wine is a food, a medicine and a poison, it is just a question of dose.

Ancient proverb

Escaping the prison of conditioning

To improve is to change; to be perfect is to change often.

Winston Churchill

The experience of the body and its aging is largely influenced by conditioned thinking and behavior. By consciously changing these habits, you have the power to alter the way your body ages. Our society's conditioning often leads us to believe that as we grow older, we inevitably decline both physically and mentally. However, by breaking free from this conditioning, you will discover through firsthand experience that you can actually enhance your physical and mental capabilities every day. You have the ability to reverse the aging process and regain youthful vitality.

Prime Minister Sri Narendra Modi Daily Routine for His Health.

I do not know whether this is fact or fiction. I wonder where from our beloved prime minister get so much energy to do so many things in a day. Here is his daily routine which I heard from one of my friends who was doctor on duty on his state guest house stay.

- Bedtime: 11 PM
- Wake up: 3.30 AM
- Morning routine:
    - 1 hour of yoga
    - 2 hours of meditation

- Daily water intake:
    - 6 glasses of warm water
    - 1 glass with half lemon juice and 1 teaspoon of honey

- Breakfast:
    - 1 glass of green vegetable juice
    - 1 piece of fruit

- Lunch:
    - 15 almonds (*badam*)
    - 10 cashews (*kaju*)
    - 3 walnuts (*akhrots*)
    - 35 raisins (*munakka*)
    - 1 big glass of buttermilk

- Afternoon:
    - 1 cup of green tea

- Dinner:
    - 1 banana (*kela*)
    - 1 glass of sweet lassi

- Bedtime:
    - 1 glass of milk
    - 1 glass of water

He sleeps only 4 and half hours. He might be eating little rice or 1 to 2 roti, I am not sure. He consumed this much in state guest house. If one can follow above routines, I am sure he can live a long life full

of energy. I wish our prime minister a long life. He is a real yogi, a *Yug purush*.

Keys to long life

1. Daily Physical Activity:
    - Aerobic exercises, such as walking
    - Muscle strengthening exercises
    - Stretching and yoga

2. Healthy Diet:
    - Rich in vitamins, minerals, and fiber
    - Adequate protein, limited carbohydrates
    - Avoid processed foods

3. Shared Love and Intimacy
4. Network of Family Support
5. Active Mind
6. Adequate Sleep and Rest
7. Low Level of Stress
8. Increased Sense of Purpose

CENTENARIANS:

- Are not obese.
- Rarely smoke.
- Delayed or avoided age related health problems such as stroke, heart attacks, cancer and diabetes.
- Have a stress reduction mindset they handle stress better than others.
- Sense of humour ability to laugh at themselves.
- Have a sense of hope they look forward to tomorrow with anticipation.

- Engaged-they do something
- An ability to cope with loss (and the longer you live, the more you lose family including children, friends, sight, hearing, driving etc still go on with life.
- Lean on to lord, not on a cane.

You hold key to your own longevity. You simply need to listen to your body and treat yourself with respect and kindness you deserve. A balanced healthy diet Truely is the cornerstone to your longevity and healthy food is the greatest healer of all.

We are living at a time, where it is easy to over eat, yet still be undernourished. You need to take control of your health-now-.the choice of what you feed yourself is your alone. You get to decide whether to subsist on dead life less foods or whether to choose living, breathing and healing food.

A healthy diet consisting of fruits, vegetables, nuts, seeds, whole grains, and lean proteins is the most powerful tool to feel energized, youthful, and on a path of true longevity. Emphasizing a plant-based diet is paramount for achieving longevity and overall well-being. By prioritizing plant foods, we can significantly reduce the risk of heart disease, cancer, liver diseases, and degenerative diseases.

The role of proteins:

Protein deficiency can contribute to accelerated aging. To maintain a youthful appearance and overall vitality, it is important to ensure an

adequate intake of proteins. Replenishing proteins can be achieved through protein-rich foods or ready-made protein drinks. Opt for lean protein sources such as tender fish, poultry, cottage cheese, yogurt, and legumes.

It can be beneficial to assess your protein levels through a serum protein test. The following ranges can provide an indication of protein status:

- 8g/100ml: Indicates feeling good and active.
- 7g/100ml: Considered good.
- 6g/100ml: Indicates tiredness and lack of energy.

The daily requirement of proteins is approximately 1 gram per kilogram of body weight. Incorporating protein drinks into your routine, along with consuming fruits and vegetables, can aid in weight loss. Engaging in a 30-minute brisk walk and taking vitamin C supplements can boost fat combustion. Additionally, a multivitamin and multimineral supplement can stimulate metabolism and aid in weight reduction.

When choosing a protein powder, it is recommended to select a product that contains 60 percent animal proteins (usually sourced from egg whites and milk) and 40 percent plant proteins, preferably soy. Ensure the protein powder has a high-quality biological value of over 100, as indicated on the label, and includes beneficial components like carnitine and essential minerals.

To slow down the aging process, it is important to consume protein powder to replenish your protein

stores. Additionally, hydration is key, and drinking at least 3 liters of water per day is recommended.

It is worth noting that animal proteins can be challenging for the body to process, as the molecules are complex, and only a small portion of them provide actual benefits. The majority of animal protein molecules remain as harmful waste in the body. On the other hand, plant sprouts, such as alfalfa sprouts, contain significant amounts of essential amino acids, making them complete and highly nutritious foods. While it is not recommended to solely rely on alfalfa sprouts and water for sustenance, incorporating plant sprouts into your diet can provide valuable nutrients.

Remember, maintaining a balanced and varied diet, along with regular exercise and overall healthy lifestyle habits, is essential for promoting longevity and overall well-being. It is advisable to consult with a healthcare professional or registered dietitian for personalized dietary recommendations and guidance.

Foods can both promote and damage health and thus leading to longevity or an early death.

Chinese Proverb

Here are the top 10 anti-aging foods that can help promote overall health and vitality:

1. **Sweet Potatoes:** Rich in beta-carotene and vitamin C, sweet potatoes support collagen production and help maintain skin elasticity.
2. **Corn:** Packed with antioxidants like lutein

and zeaxanthin, corn aids in protecting the skin from sun damage and reducing the signs of aging.

3. **Peanuts:** Containing resveratrol and CoQ10, peanuts offer anti-inflammatory properties and support cardiovascular health, contributing to a youthful appearance.

4. **Pumpkins:** High in antioxidants, vitamins A and C, and beta-carotene, pumpkins promote cell renewal, protect against free radicals, and contribute to a radiant complexion.

5. **Walnuts:** With omega-3 fatty acids and antioxidants, walnuts help maintain skin elasticity, reduce inflammation, and support brain health.

6. **Beans:** Packed with fiber, antioxidants, and protein, beans contribute to collagen production, providing a firm and youthful skin appearance.

7. **Sesame Seeds:** Loaded with minerals and antioxidants, sesame seeds support collagen production, protect against oxidative stress, and promote healthy skin.

8. **Shiitake Mushrooms**: These mushrooms contain antioxidants and compounds that support the immune system, reducing inflammation and promoting overall well-being.

9. **Green Tea:** Rich in catechins and antioxidants, green tea protects against free

radicals, supports skin health, and has anti-inflammatory properties.

10. **Sea Vegetables (Seaweeds):** With a wide range of nutrients, minerals, and antioxidants, sea vegetables contribute to healthy skin, promote detoxification, and support overall vitality.

In to the mouth come disease, out of mouth come disaster.

Chinese Proverb

Rapid aging foods are typically high in sugar, salt, unhealthy fats, and low in essential nutrients. These foods can contribute to various health issues and accelerate the aging process. Here are some examples of rapid aging foods:

1. **High Sugar Foods:** Excessive consumption of sugary foods and beverages such as soda, candy, pastries, and desserts can lead to inflammation, collagen damage, and skin aging.

2. **High Salt Foods**: Consuming foods with high salt content, including processed meats, canned soups, and fast food, can contribute to water retention, hypertension, and cardiovascular problems, which can impact the aging process.

3. **Dairy Products**: While dairy products can provide certain nutrients, excessive consumption of full-fat dairy products can lead to inflammation, digestive issues, and potentially accelerate the aging process.

4. **Fatty Foods:** Foods high in unhealthy fats, such as fried foods, processed snacks, and fatty meats, can contribute to inflammation, oxidative stress, and cellular damage, which may accelerate aging.

5. **Packaged Convenience Foods**: Processed and packaged convenience foods often contain high amounts of additives, preservatives, and artificial ingredients. Regular consumption of these foods can contribute to oxidative stress and inflammation, negatively impacting overall health and aging.

6. **High-Calorie Junk Food**: Foods high in calories and low in nutritional value, such as fast-food meals, sugary snacks, and deep-fried items, can lead to weight gain, nutrient deficiencies, and increased risk of chronic diseases.

7. **Oily and Fried Foods:** Regularly consuming oily and fried foods can lead to increased inflammation, clogged arteries, and oxidative stress, all of which can contribute to accelerated aging.

8. **Refined Flour (Maida):** Foods made with refined flour, such as white bread, pasta, and pastries, have a high glycemic index and can cause blood sugar spikes. These foods can contribute to inflammation, insulin resistance, and skin aging.

Calories Restriction

Calorie restriction has been shown to extend the lifespan of various organisms, ranging from yeast

and worms to flies, rodents, and monkeys. Moreover, it has demonstrated the ability to slow down the progression of age-related diseases, encompassing dementia, diabetes, cardiovascular and coronary diseases, neurodegenerative disorders, and certain types of cancer. Interestingly, coronary heart disease is infrequent in nutritionally deprived communities like Okinawa, where the practice of "Hara Hachi Bu" is observed. This mindful eating approach prompts the Okinawans to stop eating when they feel 80 percent full, effectively imposing a 20 percent calorie restriction on themselves and leading to longer lifespans.

Calorie restriction is a noteworthy non-pharmacological approach consistently shown to extend lifespan and protect against numerous age-related diseases. However, it is essential to recognize that there are limits to this restriction. Severe starvation and nutritional depletion can lead to adverse consequences, including death and disability. Nevertheless, when implemented with adequate nutrition (known as CRAN), calorie restriction proves highly beneficial.

One of the positive effects of chronic calorie restriction is the reduction of metabolic rate. When individuals consume fewer calories, their bodies respond by burning fewer calories, thereby decreasing the metabolic rate. This reduction in metabolic rate is associated with less oxidative damage to DNA and, consequently, might have an impact on the aging process. Additionally, lower calorie intake leads to decreased insulin secretion. In humans, high insulin levels and insulin resistance, common in aging individuals, have

consistently been linked to an increased risk of various age-related diseases, including cancer and heart disease.

In summary, calorie restriction with appropriate nutrition has shown great potential for promoting longevity and reducing the risk of age-related diseases. It is a non-pharmacological intervention that can positively impact the aging process, making it a valuable aspect of maintaining overall health and well-being.

Make A Health Plan

GOAL 1 - CONTROL INSULIN LEVEL

The target is to maintain serum insulin levels below 5 units. Insulin is produced in response to a high carbohydrate diet. Elevated insulin levels have been associated with various health problems, including obesity, diabetes, heart diseases, cancer, dementia, elevated cholesterol, hypertension, increased inflammation (leading to accelerated aging), osteoarthritis, polycystic ovarian syndrome (PCOS), fatty liver, and metabolic syndrome. It's important to note that insulin stores excess glucose as fat. Before reaching for processed carbohydrates and sugary treats, remember that they can damage your cells, increase body fat, and accelerate the aging process. They are not as sweet as they may seem.

GOAL 2 - CONTROL GLUCOSE LEVEL

For healthy aging, it is recommended to maintain fasting blood sugar (FBS) levels between 70 to 90 mg% and HbA1c levels below 5%. To achieve this,

consume low glycemic index foods and avoid sugary foods.

GOAL 3 - CONTROL CORTISOL LEVEL

Excessive and prolonged exercise can be a stressor, leading to elevated cortisol levels that offset the benefits of exercise. Instead of focusing on duration, prioritize intensity. A 20-minute weight training session can be beneficial. Opt for short and intense exercise sessions. High-intensity, short-duration exercise signals to the body that we are young, vibrant, and active. Adequate sleep is crucial for cortisol control. Consistently being sleep-deprived puts you on a path toward accelerated aging. Avoid caffeinated beverages after midday to ensure good quality sleep.

GOAL 4 - CONTROL FREE RADICAL DAMAGE

When we breathe in, oxygen enters our body, is transferred to the bloodstream, and carried to all cells. Cells use oxygen to produce energy, resulting in the production of by-products called free radicals. These electrically charged substances can damage cells and cause inflammation. All cells are vulnerable to such damage, leading to inflammation. Antioxidants such as beta-carotene, vitamin C, vitamin E, and alpha-lipoic acid help neutralize free radicals, reducing inflammation and slowing down the aging process.

GOAL 5 - STRESS REDUCTION

It is essential to control anger to avoid rapid aging. Excessive sympathetic activity releases stress

hormones like adrenaline, noradrenaline, and cortisol, disrupting the body's internal balance. This hormonal imbalance and metabolic disturbances can lead to inflammation and accelerate the aging process. Practice stress reduction techniques to promote overall well-being and maintain a healthy internal environment.

Eight Natural Doctors

Our body is composed of five elements: earth, water, fire, sky, and air. When we utilize these natural elements for our well-being, they become beneficial. Maintaining a balance among these elements is crucial for proper health. Natural treatments can be carried out by harnessing the power of these elements. Let's elaborate on the eight doctors of nature:

1. **AIR:** Air is more important than water, as it is the life force we need to survive. Taking a morning walk in a pollution-free environment provides fresh air and can prolong life. The mind is rejuvenated by inhaling the cool, fresh morning air. Engaging in daily morning walks in pure air contributes to a longer life.

2. **DIET**: After the maturation of our bodies, we only require a moderate amount of food to sustain ourselves. Consuming more than necessary leads to the accumulation of excess fat, which can reduce our lifespan. *Satwik* food, which is pure and balanced, is beneficial for health. Excessive intake of oily, fried, or stale foods can cause ill health. Opt for fresh foods

filled with life energy for a longer and healthier life.

3. **WATER**: Drinking pure water after waking up in the morning is always beneficial. Cultivate the habit of drinking as much water as you desire. Ancient scriptures mention that those who drink eight full mouthfuls of water in the morning conquer diseases and old age. In ancient times, water was stored in copper vessels and consumed in the morning for its health benefits. It is also recommended to drink water two hours after principal meals, as it aids digestion and assimilation. Aim to drink 8 to 10 glasses of water per day.

4. **FASTING**: Fasting, representing the sky element, is highly beneficial. It contributes to longevity by clearing unused metabolic by-products and providing much-needed rest to our organs, allowing them to function better. Fasting stimulates autophagy and initiates a system reboot, leading to body renewal. For those unaccustomed to fasting, try eating only once a day on a specific day of the week, while keeping your mind focused through meditation and reading religious scriptures.

5. **SUN:** The sun is the ultimate source of energy and its rays have immense health benefits. Sunlight kills many harmful germs and helps our body synthesize vitamin D. Just 20 minutes of regular sun exposure is sufficient for health, particularly in the early morning until 11 am.

6. **EXERCISE:** Engaging in regular and systematic

exercise is important for maintaining good health. Exercise keeps our bodies fit and aids in digestion, generating true hunger. It contributes to longevity by promoting overall well-being.

7. **THOUGHTS:** Pure and positive thoughts are essential for good health. Negative and impure thoughts pollute the mind and can lead to ill health. Our thoughts have a physiological response, as simply thinking about a lemon can cause salivation. Negative thoughts such as anger, greed, jealousy, fighting, and envy should be avoided if we desire a long life.

8. **SLEEP:** Sleep rejuvenates our bodies and helps us recharge for the next day. Getting 6 to 8 hours of sleep is adequate for the proper functioning of the body.

Exercise And Longevity

As we approach old age, we may unknowingly experience a gradual loss of muscle strength and stamina. Frailty is a concerning issue in middle age and becomes even worse as we get older. In most cases, people do not die simply from old age but rather from diseases. Exercise is the key to counteracting these effects, as it is the most powerful anti-aging medicine. Even a small amount of regular exercise yields significant longevity benefits. Just 15 minutes of exercise each day provides measurable rewards. Running for less than 10 minutes a day can decrease your mortality risk by 30 percent. In a 2006 study on neuroscience, it was found that exercise stimulates

the brain to release growth factors that promote new connections between neurons, thus keeping the brain healthy.

Strength training exercises can reverse some age-related changes in muscles. If you aspire to live beyond 100 years, incorporate systematic and regular exercise into your routine. Start with a warm-up, followed by stretching, and then engage in aerobic exercises for 30 minutes. Allow for a 5-minute cool-down period. You can create a schedule that includes two days of strength training, one day of yoga and meditation, and a rest day for warm-up, stretching, and aerobic exercises. Stick to your schedule consistently.

Walking is the best exercise for old age. Brisk walking is particularly excellent, especially if jogging feels too strenuous. If you are in good health and not too old, consider walking for a longer duration.

A minimum of 45 minutes of walking every day promotes longevity. Before starting your walk, warm up and stretch to prevent muscle soreness and sprains. End your walk with a 5-minute cool-down period of slow-paced walking. Wear loose, breathable cotton clothing and invest in a good pair of branded walking shoes. The ideal walking shoes should be comfortable, offer plenty of toe room, be flexible at the ball of the foot, provide adequate cushioning and firm heel support, feature an Achilles notch at the back, include appropriate padding for arch support, have a good traction pattern on the sole, and a flexible upper part of the sole.

Here are some tips for walking correctly:

- Keep your feet parallel and let the inside edge of each foot fall on the same level.
- Achieve an optimum stride by advancing your hips.
- Contact the ground with your heel first.
- Move your leg forward easily and comfortably.
- Maintain a relaxed posture with a forward and upward motion.
- Let your pelvis and chest lead while keeping your shoulders relaxed.
- Bend your elbows at a 90-degree angle and swing your arms back and forth, moving your hands forward to mid-chest.
- Keep your hip movement flexible and direct your hips forward.
- Walk at an unstrained pace, keeping your head straight as if it were suspended by a gas balloon.
- Keep your shoulders back, stomach in, and maintain a steady pace.
- Avoid walking during extreme cold or hot weather. In winter, walk after sunrise, and in summer, early morning and late evening walks are preferable.

Mitigate Chronic Inflammation

Inflammation is considered the root cause of many diseases. Managing chronic inflammation can help slow down the aging process.

Here are factors that contribute to chronic inflammation:

1. Being overweight: A waist size of more than 35 inches in women and 40 inches in men.
2. Poor diet: High consumption of sugar, refined carbohydrates, and unhealthy oils.
3. Genetic predisposition or history of heart disease.
4. Prediabetes or diabetes.
5. Sedentary lifestyle.
6. Smoking tobacco or excessive alcohol consumption.
7. Chronic infection or autoimmune disease.

If you suspect chronic inflammation, consider the following tests: CRP (C-reactive protein) test, ESR (erythrocyte sedimentation rate) test on an empty stomach, and serum insulin test. If your insulin levels exceed the normal range, it may indicate inflammation in the body.

To combat inflammation, include anti-inflammatory foods in your diet:

- Yogurt
- Fish
- Nuts
- Seeds
- Omega-3 fatty acids
- Turkey
- Dark chocolate (with 70% cocoa content)
- Green tea
- Legumes (such as chickpeas)
- Flax seeds
- Walnuts

It is important to avoid foods high in sugar and refined cooking oils. Instead, try using olive oil for

cooking.

There are also anti-inflammatory supplements that can be beneficial, including:

- Vitamin D
- Ginger tea
- Bromelain (found in pineapple)
- Boswellia (known for its anti-inflammatory properties)
- Resveratrol (found in grapes, green vegetables, and cocoa)
- Fish oil
- Turmeric

Incorporating these dietary changes and supplements can help reduce chronic inflammation and promote overall health. However, it is always advisable to consult with a healthcare professional before making any significant changes to your diet or starting new supplements.

Sleep

Getting enough sleep is crucial for the body's restorative maintenance and clearing out metabolic waste accumulated during waking hours. Aim for 7 to 8 hours of sleep each night. Sleep deprivation can decrease insulin sensitivity and increase the risk of diabetes. On the other hand, sleeping more than 9 hours can also have negative effects.

To promote better sleep, avoid exposure to blue lights emitted by smartphones, laptops, and TVs, as they inhibit the production of melatonin, a hormone

secreted in response to darkness. Turn off electronic devices at least 2 hours before bedtime. Using blackout curtains and switching to a red bulb at night can also improve sleep quality.

Here are some sleep-inducing methods you can try:

1. Food:
    - Milk
    - Chicken
    - Peanuts
    - Fish
    - Lotus seeds
    - Banana
    - Grapes
    - Dates
    - Honey

2. Take a warm bath before bed, as it can help induce sleep.

3. Ensure you have a comfortable bed and sleep environment.

4. Stop engaging in serious or stimulating activities half an hour before bedtime. If your mind is still active, consider going for a walk or engaging in a relaxing activity to calm your mind.

Microbiome

Your bacterial flora, which is the oldest part of you, has the power to keep you young. The relationship we have with our microbes has always been symbiotic, meaning their health depends on us,

and vice versa. By taking care of them, we can gain control over how we age and how long we live.

Contrary to popular belief, our fate does not solely lie in our genes. It primarily resides with the trillions of organisms that live in and on us, known as our microbiome. When we learn how to be good hosts to these microbes, we can greatly influence our overall well-being and longevity.

The Reverse Gear

The superior doctor prevents illness, the mediocre doctor cures imminent illness, the inferior doctor treats illness.

Chinese proverb

Reversing aging is a complex challenge, as it involves multiple biological processes and factors. While it may not be possible to turn back the clock entirely, embracing a healthy lifestyle can significantly improve quality of life, enhance physical and mental well-being, and contribute to a more graceful aging process. It requires dedication and commitment, but the long-term benefits make it a worthwhile endeavour.

Toxic metals such as arsenic, cadmium, lead, mercury, aluminium, thallium, nickel, and uranium can accumulate in the body, leading to arterial hardening and premature aging. It is advisable to eliminate the use of aluminium utensils in the kitchen and replace them with stainless steel alternatives, as aluminium can contribute to metal deposition.

To counter the effects of heavy metals, the body's natural antioxidant glutathione plays a crucial role. Vitamin C supports glutathione by recycling used molecules and aiding in detoxification. Citrus fruits and gooseberries are excellent sources of vitamin C that can be incorporated into the diet.

Activated charcoal tablets are known to help remove heavy metals from the body. It is recommended to take them at least an hour before medication and other supplements to avoid interference.

Sweating through high-intensity interval training can also aid in the elimination of heavy metals from the body. Engaging in such exercises one or two times a week can contribute to detoxification and overall well-being.

Live in present and be happy

Feelings of unease, anxiety, tension, stress, and worry are often rooted in excessive focus on the future, neglecting the importance of living in the present moment. Similarly, guilt, regret, resentment, grievances, sadness, and bitterness arise from dwelling too much on the past, instead of embracing the present. Finding happiness lies in finding balance and being fully present in the current moment.

Allow yourself to appreciate and savor the small pleasures of life. Recognize that life is comprised of a series of ordinary moments, and by fully immersing yourself in the present, you can learn to derive joy from everyday experiences. Embracing the here and now enables you to live a more fulfilling and enjoyable life.

The biomarkers of aging

Scientifically, it is possible to assess various biomarkers of aging and take measures to improve

areas where there are deficits. These measurements include:

1. Aerobic capacity, which is important for cardiovascular health and overall fitness.
2. Antioxidant levels, which play a crucial role in combating oxidative stress and cellular damage.
3. Auditory threshold, to assess hearing function and potential age-related hearing loss.
4. Body fat composition, including visceral (around organs) and subcutaneous (under the skin) fat, as well as total body fat.
5. Bone density, which is essential for strong and healthy bones.
6. Cholesterol and lipid levels, as they are indicators of cardiovascular health.
7. Hormonal levels, including thyroid, testosterone, estrogen, growth hormone, and others that can influence overall well-being.
8. Immune function, which is critical for defending against infections and diseases.
9. Metabolic activity, such as basal metabolic rate (BMR) or resting metabolic rate (RMR), which affects calorie expenditure and weight management.
10. Muscle mass, which tends to decline with age and is important for strength and mobility.
11. Muscle strength, to assess overall physical strength and functionality.
12. Skin thickness, as thinner skin is a sign of aging and decreased elasticity.
13. Temperature regulation, to ensure proper thermoregulation and body functioning.
14. Visual threshold, to evaluate vision and

potential age-related vision deterioration.
15. Body mass index (BMI), a measure of body composition and weight relative to height.

Nowadays, there are body scan machines, spirometry tests, and laboratory assessments available to measure these parameters. By actively participating in monitoring these biomarkers and incorporating proper supplementation, it is possible to slow down the aging process and maintain fitness and health for as long as possible.

The following tests are used to assess cardiac risk and inflammation levels:

1. **Serum Homocysteine Level**: Normal value is less than 17 mmol/litre.
2. **CRP Test:** Normal value is less than 10 mg/L.
3. **Lipoprotein (a):** Normal value is less than 25 mg/dL.
4. **Fibrin:** Normal value ranges from 145 to 348 mg/dL.

Ikigai

A reason to jump out of bed each morning. The people of Japan believe that everyone has an Ikigai. It will show you how to leave urgency behind, find your purpose, nurture friendship and throw yourself in to your passion.

Only staying active will make you to live a hundred years.

Japanese Proverb

Ikigai is the art of staying young while growing old. What is your reason for being? Whatever you do, don't retire. Live with some purpose, you must contribute some things to society. Then only living will be meaning full.

Health Is Not a Luxury

An uncomfortable truth is that over prescription of drugs, overuse of high-tech diagnostic equipment is for the benefit hospitals and pharmaceutical industries rather than the patient.

The current high cost, high energy medical system is failing to perform its role in improving overall health. Our bodies are designed to ceaselessly return to balance and health that is why anyone can enjoy optimum health through his or her efforts. With in our bodies there are mechanisms for self-diagnosis, self-restoration and self-healing.

Chronic stress and faulty lifestyle are the most powerful brake keeping natural healing power for manifesting itself. Our bodies respond to what we believe. Medicine of belief is the most powerful medicine of all. The mind exerts a great influence on health positive or negative.

Negative emotions like anger, hatred, jealousy etc are main cause of all diseases.

Countless emotions arise as a result of a single thought and these cause a variety of chemicals, physiological changes in our bodies. When you think joyful thoughts, happy hormone such as serotonin and dopamine are secreted in your body.

They are restoring hormones. If you hold negative feelings for too long stress hormones such as cortisol and epinephrine are secreted.

We can practice controlling our thoughts and emotions-the contents of our minds. There is nothing in the world that does not get better with practice.

The most powerful change in perception we can experience through observation is that we can see ourself as separate from our experience. This means we observe our sensation, thoughts and emotions as objects instead of identifying ourselves with them. Our mind can actually create physical changes in our bodies.

The mind that lucidly watches its thought and emotions without chasing after them, causes them to evaporate like fog in sun light. Less thoughts and emotions mean health, balance and longevity.

Affirm daily-*my body is not me, but mine.*
My emotions are not me, but mine.

When you are confused and swept away by intense thoughts and emotions. Try focus your attention and repeat above two lines affirmation. Try saying loudly. The mind that quietly watches all the thoughts and emotions arising with in, without becoming attached to any of them has power to return everything to a state of balance-The Natural State. Mind have an amazing power to restore an unbalanced autonomic nervous system to a healthy state of parasympathetic dominance of love, peace and tranquillity state which adds to Longevity.

Nine secrets to a long life:

1. **Stay Active:** Engage in 105 minutes of mindful physical activity every day to keep your body moving and maintain fitness.

2. **Find Your Purpose**: Discover your true purpose in life and pursue activities that give meaning and fulfillment.

3. **Take Breaks**: Make time to relax and recharge. Take regular breaks to rejuvenate your mind and reduce stress.

4. **Practice Moderation:** Avoid overeating by following the 80 percent rule - eat until you are 80 percent full to maintain a healthy balance.

5. **Embrace Plant-Based Foods**: Incorporate more green, non-vegetarian foods into your diet while still enjoying meat sparingly.

6. **Enjoy in Moderation:** Indulge in a glass of red wine or grape juice in moderation, limiting it to one serving per day.

7. **Foster Social Connections:** Stay socially connected and maintain strong relationships with friends and family for emotional well-being.
8. Cultivate Beliefs: Develop rituals or engage in spiritual practices that provide a sense of purpose and inner peace.

9. **Value Family:** Prioritize your family connections and nurture relationships with your loved ones for a sense of belonging and support.

Our death is not an end if we can live on in our children and the younger generation. For they are us; our bodies are only wilted leaves on the tree of life.

Albert Einstein

Life is not lost by dying. Life is lost by minute day by day in all the thousands uncaring ways. Guiding principle live today well

The key to happy aging:

1. **Listen to Your Body's Wisdom**: Pay attention to the signals of comfort and discomfort that your body sends you, and honor them. Your body's wisdom guides you towards what is beneficial and what is not.
2. **Live in the Present:** Embrace the present moment fully, accepting everything that comes your way. By doing so, you can appreciate the experiences, learn from them, and then let them go, allowing for personal growth.
3. **Practice Silence and Meditation:** Take time to be silent, to meditate, and to quiet the internal chatter. By tuning into your inner life, you can cultivate intuition and gain valuable insights.
4. **Release the Need for External Approval:** Recognize that you alone are the judge of your own worth. Let go of the need for validation from others and embrace your true self.
5. **Transcend Anger and Opposition:** When you feel anger or opposition towards someone or a situation, realize that you are ultimately struggling with yourself. Cultivate understanding and compassion instead.

6. **Let Go of Judgment:** Release the burden of judgment and embrace forgiveness. Understanding and forgiveness bring lightness to your being and promote inner peace.
7. **Nourish Your Body and Mind:** Avoid consuming toxins, whether through food, drink, or toxic emotions. Choose nourishing substances and cultivate positive emotional states.
8. **Embrace Love-Motivated Behavior**: Replace fear-based actions with those motivated by love. Fear stems from past experiences and limits your growth, while love expands your possibilities.
9. **Seek Balance and Purity:** Strive for a balanced and pure lifestyle, as it benefits both yourself and the Earth. Align your actions with values of harmony and sustainability.

How to conserve *prana* (life force); and live long.

Diet: Prioritize fresh produce in your diet whenever possible. The highest life force is found in food eaten straight from the garden, as it retains its vitality and nutrients.

Exercise: Engage in physical activity to increase the flow of prana, the vital energy, into your body. However, avoid pushing yourself to the point of exhaustion. Feeling exhausted or fatigued indicates that your prana has been depleted, and it's important to listen to your body's signals.

Breathing: Refine your breathing to be slow, regular, and deep. This allows the circulation of prana to reach all levels of your body and mind,

promoting a state of complete balance and harmony.

Behavior: Your actions can either nourish or damage the body's prana. Harsh, tense, and conflicted behavior disrupts the flow of prana. Adopting an attitude of non-violence and reverence for life nurtures life-nourishing behavior and supports the balanced flow of prana.

Emotions: Avoid negative emotions such as fear, anger, greed, and envy, as they disrupt the balance of prana. Instead, cultivate positive emotions like love, peace, and tranquility, which increase the flow of prana. It's worth noting that depression, characterized by a complete non-flow of prana, is associated with chronic illness, premature aging, and early death.

It is very simple to be happy, but it is very difficult to be simple.

Rabindranath Tagore

We should aim to enjoy life's simple pleasures:

- Having lunch with friends
- Playing afternoon card games
- Attending a favorite sporting event
- Taking a moonlit walk
- Sharing fond memories
- Watching a movie
- Playing a musical instrument
- Working out in the gym
- Relaxing with an interesting book

Three Chinese Secrets of Longevity:

1. Never hurry through life, take it slowly. Take it easy, take your time;
2. Avoid extreme emotions of all kinds'
3. Observe a daily physical regimen of exercise and breathing; the duration and intensity of your regimen are not nearly as important as its daily regularity'

Life span of an average person throughout the world:

Male - World ranks:

1. Japan: 74 years
2. Switzerland: 73 years
3. Iceland: 73 years
4. Israel: 73 years
5. Netherland: 73 years
6. West Germany: 71 years
7. USA: 70 years
8. India: 70 years

Female - World ranks:

1. Switzerland: 80 years
2. Japan: 80 years
3. Ice land: 80 years
4. Netherlands: 79 years
5. Norway: 79 years
6. Australia: 79 years
7. USA: 78 years
8. India: 71 years

The lifespan is gradually increasing with the passage of years, so the above data are not static but changing every year.

Understanding Ageing

Age is just a number; life and aging are the greatest gift that we could possibly ever have.

Cicely Tyson

Ageing - It is a progressive and generalized impairment of body function resulting loss of adaptive responses to stress and increasing the risk of age-related diseases people more than 60 years are considered elderly; old age is not a disease but a normal inevitable biological phenomenon.

Health Problems in the Aged:

Physical ailments and their percentage of occurrence:

- Visual: 88%
- Locomotor: 40%
- Neurological: 18.7%
- Cardiovascular: 17.4%
- Respiratory system: 16.1%
- Skin conditions: 13.3%
- Psychiatric: 8.5%
- Hearing loss: 8.2%
- Genito urinary: 3.5%

Examples of specific conditions within each category:

- **VISUAL**: Cataract, glaucoma, retinopathy

- **LOCOMOTOR SYSTEM DISORDER:** Fibrositis, osteoarthritis, rheumatoid arthritis, myositis, neuritis, gout, spondylitis

- **NEUROLOGICAL**: Dementia, Parkinsonism, Alzheimer's disease

- **CARDIOVASCULAR:** Atherosclerosis, thrombus formation, myocardial infarction (heart attack), hypertension

- **RESPIRATORY SYSTEM:** Chronic bronchitis, asthma, emphysema

- **SKIN:** Senile wrinkles, scaly lesions, scaly dermatitis, blistering disease, neoplastic conditions

- **HEARING LOSS**: Nerve deafness, conductive deafness

- **GENITO URINARY:** Enlarged prostate, dysuria, nocturia, frequency and urgency, incontinence in females

- **PSYCHIATRIC:** Depression, anxiety, delirium, schizophrenia, personality disorders, suicide, deliberate self-harm

- **SOCIAL:** Abuse, dependency, insecurity, rehabilitation

Please note that these percentages and conditions

can vary and are subject to change over time.
Prevention of age-related diseases:

It is recommended to undergo an annual preventive health check-up, even if you are in good health. Early detection of any disease allows for necessary precautions and timely treatment. Several cancer markers can help detect cancer at an early stage, increasing the chances of successful treatment and prolonging longevity.

By prioritizing preventive measures and regular health screenings, we can take proactive steps towards maintaining our well-being and managing potential health risks effectively.

Ideal Body Weight

Most of age-related diseases can be overcome by maintaining an ideal body weight. The ideal body weight for males can be calculated by subtracting 100 from their height in centimeters. For example, if a male's height is 170 cm, the ideal body weight would be 70 kg.

Similarly, for females, the ideal body weight can be calculated by subtracting 105 from their height in centimeters. For instance, if a female's height is 175 cm, the ideal body weight would be 70 kg.

By striving to maintain an ideal body weight within these ranges, individuals can reduce the risk of developing various health conditions associated with aging and promote overall well-being.

How to reduce weight if overweight

If you consume fewer calories than your Basal Metabolic Rate (BMR), which is typically less than 1800 calories for the average female and less than 2000 calories for males, you can initiate weight loss. BMR represents the minimum number of calories needed to sustain basic bodily functions while at rest.

By maintaining a calorie deficit through mindful eating and increasing physical activity, you can achieve weight loss goals effectively and sustainably. It is important to prioritize a balanced approach to nutrition and engage in regular exercise to support overall health and well-being.

Metabolism

Metabolism is the process through which the body converts food and drink into energy. A slower metabolism can contribute to weight gain. Even at rest, the body requires energy for essential functions such as breathing, blood circulation, heart beating, digestion, growth, and repair. This is known as the resting metabolic rate or basal metabolic rate (BMR).

Weight gain occurs when you consume more calories than you burn, or burn fewer calories than you consume. To lose weight, it is necessary to either reduce calorie intake, increase calorie expenditure through physical activity, or combine both approaches. Certain foods, such as spicy foods, green tea, chili powder, and those rich in

omega-3 fatty acids, can potentially boost metabolism and aid in calorie burning.

Engaging in high-intensity interval training, running, cycling, and aerobic exercises can also help increase metabolism and burn calories. Adequate hydration is essential for proper metabolism, and practices like intermittent fasting, pranayama (breathing exercises), and a high-protein diet can further support metabolism and weight reduction. Achieving and maintaining an ideal weight is crucial for overall longevity and well-being.

Metabolism boosters act as catalysts, enhancing the body's natural ability to burn calories and convert food into energy. By incorporating these strategies into your lifestyle, you can support a healthy metabolism and promote weight management.

Plan for your 2nd innings (postretirement life)

Make a resolution and sign at the bottom 'this should be your guiding principle

Resolutions:

1. To maintain a healthy, happy, and enjoyable life until the end.
2. Take care of my physical, mental, and spiritual well-being through regular morning walks, exercise, yoga, pranayama, meditation, weight control, and adequate rest.
3. Plan and manage my finances intelligently

without greed, ensuring financial independence throughout my lifetime.

4. Spend quality time with my family, including my spouse, parents, grandparents, children, and grandchildren, fostering warm and loving relationships.
5. Will have the willpower and determination to give back to society by sharing knowledge, experience, and expertise, and finding purpose in my life.
6. Maintain a positive attitude and avoid situations and circumstances that disturb my peace of mind and that of others.
7. Uphold discipline in all aspects of my life to inspire both the young and old, serving as a mentor.
8. Contribute to government programs launched for environmental protection and preservation, based on my abilities and support.
9. Refrain from smoking, chewing tobacco, gutka, or becoming addicted to alcohol or any intoxicating substances, recognizing their harmful effects.
10. Write my will to prevent any subsequent disputes or unpleasant situations regarding my property and possessions, ensuring a life of dignity for my spouse in my absence.
11. Engage in self-discovery, self-awareness, self-awakening, and self-realization through efforts to know myself, expressing gratitude to the Almighty for His grace in my life through daily prayer.

Write date and put your signature. Follow these resolutions for mental peace and long life.

What is Happiness?

You need very little to be happy:

- You need very little to be happy: some simple plant food, modest shelter, a couple of clothes, a good book, a notebook, meaningful work, and loved ones.
- Want little, and you are not poor: Having a lot of money and possessions doesn't make you rich if you always want more. The person who has little and wants nothing is richer.
- Focus on the present: Stop worrying about the future and holding on to the past. Live in the now, and you will live fully.
- Be happy with what you have and where you are.
- Be grateful for the small pleasures of life.
- Let joy drive you, not fear.
- Practice compassion towards others.
- Forget about productivity and numbers; prioritize the quality and meaning of your experiences.

Lesser

1. Reduce excessive thinking to keep your spirit clear and focused.
2. Minimize worry to maintain concentration and peace of mind.
3. Cultivate contentment and reduce desires to experience true happiness.
4. Practice moderation in speech to conserve your energy and preserve your words.
5. Balance your social life to ensure personal

comfort and well-being.
6. Enjoy laughter in moderation to create a harmonious atmosphere within yourself.
7. Control anger to protect the health of your liver and lungs.
8. Practice sexual restraint to conserve and channel your vital energy.

Music

Music serves as a valuable tool for achieving and maintaining a balanced state of mind and body, making it essential for emotional, physical, physiological, and spiritual well-being.

Do what you love

Of course, managing your daily routine and earning a livelihood is important, but equally important is how you spend what you earn. Embrace the present moment and enjoy your time on Earth by living life on your own terms, rather than solely for others.

Here are six healthy foods that can contribute to your well-being:

1. Kala Chana
2. Fenugreek
3. Almonds
4. Flaxseeds (*Alsi*)
5. Raisins (*Kismis*)
6. Poppy seeds (*Khas Khas*)

You can soak these foods overnight and consume them in the morning for rejuvenation. Sprouts, in

particular, are rich in nutrients and enzymes. You can reduce wrinkles associated with aging by making sprouts using 10 grams of *methi* (fenugreek) seeds and 40 grams of whole wheat. Add *sendha namak* (rock salt), *sonth* powder (dried ginger powder), *kalimirch* (black pepper), and lemon juice to the sprouts. Chew the mixture thoroughly. The phytoestrogens, vitamin C, vitamin E, minerals like selenium and chromium, and enzymes present in sprouts can improve your skin health and reduce the appearance of wrinkles over time.

SUPERFOODS: Broccoli, Brussels sprouts, spinach, walnuts, olive oil, sesame seeds, salmon, barley water, blackberries, blueberries, fruits, fish, nuts, seeds.

LONGEVITY JUICE: Blend spinach, 6 to 8 carrots, parsley, freshly ground flax seeds, and 3 to 4 Tulsi leaves. Make juice with filtered water and drink as you like.

SUCCESSFUL LIFE:

1. Karma: What goes around comes around. Keep your circle positive, think good thoughts, speak good words, and do good deeds.
2. Stay in your lane; keep your eyes and faith on yourself.
3. Change is good, but it is never easy.
4. It doesn't matter how many resources you have; if you don't know how to use them, it will never be enough.
5. There are two types of people: one who blames fate and the other who makes their way.
6. Being late does not mean failure; it means

getting ready for a great launch.

7. Work smarter, not harder.
8. Steps to success:
    - I want to do it.
    - I can't do it.
    - How do I do it?
    - I will try to do it.
    - I can do it.
    - I will do it.
    - Yes, I did it. Which step have you reached today?

9. What you think of yourself is more important than what others think of you.
10. Time is precious; make sure you spend it with the right people.
11. You can't climb the ladder of success with your hands in your pockets.
12. Whatever happens, do not lose hold of the two main ropes of life: hope and faith.
13. Life's three best teachers are empty pockets, failures, and heartbreaks.
14. The biggest asset in the world is your mindset.
15. Don't allow someone else to kill your dream.
16. Life does not get easier; you just get stronger.
17. Some people feel the rain, others just get wet.
18. Just do it. Nothing is impossible.
19. You have to make a decision to let go of the past if you want to move forward.
20. Happy people focus on what they have; unhappy people focus on what is missing.
21. Successful people want others to succeed; unsuccessful people want others to fail.

Art of living

Keep a green tree in your heart and perhaps a songbird will come

Chinese proverb

We often find ourselves living in either the future or the past, causing us to forget about the present moment. However, if we focus our attention on our breath, we can bring ourselves back to the present. Breathing is vital for our life; without it, our body becomes lifeless and is discarded by our loved ones.

The ABC of the art of living is Awareness, Belongingness, and Commitment. Start by smiling, even if it feels like acting at first. With time, it will become a habit and spread happiness in your environment. Remember that all human beings are connected, and we belong to each other. Take a moment to praise yourself by looking in the mirror and see yourself as handsome or beautiful and healthy. We receive life force or *pranashakti* from food, sleep, knowledge, and conscious breathing. Opt for *satwik* food for good health.

When eating, chew your food thoroughly and pay attention to its appearance, texture, and taste. Empty your mind and fill your heart with love. Give your 100 percent to your duties. Live in the present moment and believe that whatever has happened is ultimately good for you. Whenever your mind starts to wander, clap your hands to bring yourself back

to the present. For breathing exercises, sit in *sukhasana* (easy pose) and breathe slowly and regularly. Practice forgiveness, both for yourself and for others. Remember to be happy always.

When the mind is pure, joy follows like a shadow that never leaves.

Gautam Buddha

Stress

Stress is the nonspecific response of the body to any demand for change. It is not the stressor itself but how you process and respond to it that determines the outcome. Stress can elicit two different responses:

1. Threat response - Flight or fight: This response includes a narrow focus, constricted blood vessels, and increased blood flow.

2. Challenge response - Relax/Respond: This response involves a calm focus, relaxed blood vessels, and improved blood flow.

When facing stressful situations, it is important not to worry excessively. Instead, try to understand the problems and find solutions if possible. Seek expert help if needed, and if the problem still persists, have faith and trust that with time, the issue will be resolved.

To induce a present-focused state, you can practice the 4-4-6 breathing technique. Inhale and count to 4, hold the breath for 4 counts, and exhale while

counting to 6. Repeat this exercise and take a moment to assess how you are feeling. Remember, breathing is a readily available and underutilized stress reducer. You can employ this technique when stuck in traffic or facing any other stressful situation.

Affirmations can also help manage stress. Repeat positive affirmations such as:

- I breathe in calmness.
- I breathe out stress.
- I breathe in calmness.
- I breathe out fear.
- I breathe in calmness.
- I breathe out anxiety

Improve your stress coping mechanisms through practices like yoga and meditation. Remember, a life filled with constant stress can lead to rapid aging.

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.

Charles Darwin

You will find peace not by trying to escape your problems but by confronting them courageously

Donald Walters

Affirm daily the points below:

I am at peace
I love everybody
I care
I am courageous
I am successful
I am rich
I am happy
I am healthy

The first step to growing younger is clearing away the past

Ancient Proverb

The Swimming Dragon is a gyration exercise that engages almost all the joints of the body. Follow these steps to perform the exercise:

1. Start by standing with your feet and knees together, and your palms in a prayer position. a. Hold your tongue against your upper palate, maintaining the prayer position with your palms. b. Slowly bend your knees and thrust your hips to the right while looking in that direction. c. Hold this position briefly and then reverse the movement, thrusting your hips to the left while looking to the left. d. Repeat the hip thrusting motion four times on each side before proceeding to the next part of the exercise.

2. Bend your knees and keep your palms in the prayer position. Raise your hands to the left side of your head and look to the right as you

thrust your hips in that direction. e. With your palms still together, draw a half circle under your head, across your chest, to the right side of your body. Hold your hand parallel to your shoulder and maintain this position for a few seconds.

3. Next, hold your hands straight out in front of you with your palms facing down and your knees slightly bent. Sweep your arms left and right five times while thrusting your hips in the opposite direction of your arms.

4. Repeat the entire Swimming Dragon movement four times. If your goal is weight loss, aim to perform 20 cycles of this movement per day.

Remember to maintain proper form and listen to your body while performing the exercise. Enjoy the benefits of the Swimming Dragon for improved joint mobility and overall fitness

Minimalist Living

1. **Set a budget:** Allocate money for your basic needs and prioritize essential expenses.
2. **Get rid of redundant items:** Declutter your living space by removing items that you no longer need or use.
3. **Own less:** Embrace a minimalist mindset by intentionally reducing the number of possessions you have.
4. **Declutter:** Regularly organize and declutter your belongings to maintain a clean and clutter-free environment.

5. Buy only what you need: Practice mindful consumption by purchasing items that serve a specific purpose or bring value to your life.

Detox

- **Bad food**: Eliminate or reduce the consumption of unhealthy foods from your diet.
- **Bad thoughts:** Foster a positive mindset by letting go of negative thoughts and focusing on constructive thinking.
- Bad relationships: Evaluate your relationships and distance yourself from toxic or unhealthy connections.
- **Negative emotions**: Develop strategies to manage and release negative emotions effectively.
- **Unpleasant situations:** Take proactive steps to address and resolve unpleasant situations in your life.

Quit

- **White rice:** Replace white rice with healthier alternatives such as brown rice or quinoa.
- **Dairy:** Consider reducing or eliminating dairy products from your diet, or explore plant-based alternatives.
- **White sugar:** Reduce your intake of refined sugar and opt for natural sweeteners or healthier alternatives.
- **Refined flour:** Choose whole grain options instead of refined flour for better nutritional value.
- **Meats:** Limit your consumption of meat, particularly processed or red meats, which can be pro-inflammatory.

By embracing minimalist living and adopting a detox approach, you can simplify your life, promote overall well-being, and focus on what truly matters.

Determination

When we are determined, no obstacles or difficulties can stop us from achieving what we want. Determination instills positive personality traits such as self-confidence, dedication, discipline, a positive attitude, killer instinct, and a can-do approach. If we want to achieve success and reach our desired goals, we need to be determined and focused.

Superfoods for Longevity

1. Asparagus
2. Avocado
3. Basil and Mint
4. Blueberries and other dark berries
5. Coffee
6. Dark chocolate
7. Garlic
8. Green tea
9. Kale
10. Olive oil
11. Pomegranate
12. Sweet potato
13. Thyme
14. Walnuts
15. Wild salmon
16. Yogurt

These superfoods are known for their health benefits and their potential to promote longevity. Including them in your diet can provide you with essential nutrients, antioxidants, and other beneficial compounds.

Live for ever

Believe that nothing ends with death.one way or another life goes on but in a different dimension. The double of our material body-regarded as immortal passes in to the hereafter or possible is reincarnated in a series of many different forms

Humanity will live on - do something good for ever and live in people heart for ever. You can use maximum human potential and live for ever plan for a better and longer life by active aging

Live 1000 years

Adam lived 930 years, his son lived 912 years, and his grandson Eros lived 905 years. In the past, humans used to live for 800 to 900 years, but nowadays the average lifespan has decreased to around 100 years. However, there have been individuals who have fared better in terms of longevity. Some Himalayan yogis and Chinese kings have ruled for more than 100 years.

According to Laozi, the founder of Daoism, it was believed that through constant practice of Daoism, one could reach the age of 1000 years. Followers of Daoism seek to tap into and retain cosmic energy through specific methods of breathing, mental

concentration, and internalization, while also practicing frugality and humility and keeping their food intake to a minimum. Daoism is based on principles of compassion, frugality, and humility.
It is important to note that while these beliefs and practices exist, the actual attainment of extreme longevity remains a subject of debate and personal interpretation.

Healthy habits for long life:

1. Start your day with stretching exercises to wake up your body and improve flexibility.
2. Take a few deep breaths to oxygenate your body and calm your mind.
3. Drink a glass of water as soon as you wake up to rehydrate your body after a night's rest. Aim to drink at least 1 liter of water throughout the day.
4. Eat a few soaked almonds, which are a nutritious source of energy and provide essential nutrients.
5. Enjoy your favorite seasonal fruits, such as an apple, for added vitamins and fiber.
6. Have a full and balanced breakfast, including options like eggs, boiled mixed sprouts, oats, *dalia* (broken wheat), milk, and fruits. Remember the saying: "Eat breakfast like a king, lunch like a prince, and dinner like a pauper."
7. Choose stairs over the lift whenever possible to incorporate more physical activity into your day.
8. Make it a habit to move and stretch every two hours, especially if you have a sedentary job. This helps prevent stiffness and promotes

blood circulation.

9. Maintain good posture throughout the day. Imagine a thread tied to the top of your head gently pulling your spine upward, aligning your head, shoulders, hips, and knees. This will help keep your back straight and avoid slouching.
10. Focus on eating local, natural, seasonal, and organic foods. Include a variety of fruits, salads, nuts, coconut water, whole grains, eggs, milk, chicken, and fish in your diet.
11. Have healthy snacks between meals, such as a bowl of fruits, nuts, sprouts, almonds, or dates, to keep your energy levels stable.
12. Spend at least 15 minutes in direct sunlight exposure each day, preferably during the early morning hours, to get a natural dose of vitamin D.
13. Stay hydrated by drinking enough water throughout the day. It's recommended to drink water 30 to 45 minutes after a meal.
14. Engage in aerobic exercise for at least 20 minutes to raise your heart rate and boost your cardiovascular health. Options include running, cycling, brisk walking, stair climbing, or skipping.
15. Spend time in nature, whether it's by growing plants or tending to a garden. Connecting with nature has a calming and rejuvenating effect.
16. Reduce or eliminate white sugar and processed, packaged foods from your diet. Minimize the consumption of rice, fried, and oily foods.
17. Follow a balanced diet that includes all six tastes - sweet, sour, salty, bitter, pungent, and astringent. Incorporate foods like tomatoes,

carrots, honey, green vegetables, lemon, salads, *lauki* or *daal*, milk, curd, paneer, and almonds.

18. Allow some time for your body to digest before going to sleep. Avoid sleeping immediately after eating a big meal. Opt for an early dinner after sunset and aim to sleep 2 to 3 hours after eating.
19. Practice meditation, prayer, or relaxation techniques to calm your mind and reduce stress.
20. Ensure you get around 8 hours of sound sleep each night to rejuvenate your body and mind.

The Bottom Line

If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there's room to hear more subtle things - that's when your intuition starts to blossom and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before. It's a discipline; you have to practice it.

Walter Isaacson, in his book 'Steve Jobs'

Mindful breathing

Meditation is like mental fasting, a practice of sitting still and doing nothing. During meditation, follow your breath and allow yourself to be fully present in the moment. However, it's important to note that without heartfelt devotion, the results of meditation may not be as profound as they could be. Devotion adds richness and depth to the practice.

Recognize that this state of stillness and nothingness is not a void, but rather the absence of thoughts, personality, and the material world. Sit with this emptiness and you will discover something greater - the richness of your own spirit.
When you start to feel upset or disturbed by

something during meditation, don't resist or judge it. Simply observe it with curiosity, relax, and breathe into it. By not feeding the disturbance with further attention or attachment, there's a good chance it will diminish or even evaporate on its own.

Mindful breathing is a wonderful technique to calm the body and quiet the mind, restoring stillness and peace within. It is accessible to anyone, including children. Allow mindful breathing to occur naturally, without forcing it. This act of mind-fulness cultivates concentration, and where there is concentration, there is insight - a breakthrough that brings more peace, understanding, love, and joy into your life.

Embrace meditation with devotion, observe without judgment, and practice mindful breathing to experience the transformative power of stillness and self-awareness.

The joy of doing nothing

Finding time to do nothing is not only easy but also an incredibly powerful way to lower stress, increase happiness, and enjoy life. Just as your body needs rest, your mind also needs moments of quiet and stillness.

Taking the opportunity to think about nothing at all is restorative and beneficial for your overall health and well-being. It is a well-deserved break after all your hard work.

There are three levels of doing nothing: light, medium, and deep. Doing nothing is a luxurious

form of self-care, a way to recharge yourself. It breaks the endless cycle of chasing after things in search of happiness. When you hit the pause button and refresh your mind and body by doing nothing, you gain clarity about what truly brings meaning and happiness to your life.

Immerse yourself in activities that allow you to rest, replenish, and have fun. Doing nothing is not laziness but rather an intentional and proactive effort to create space and time in your life just for yourself. Allow yourself to do nothing; it is a sweet and restful time that you deserve.

The benefits of doing nothing are numerous:

1. Tackling hard tasks becomes easier as your mind becomes clearer and more focused.
2. Your goals become sharper and more defined.
3. New opportunities present themselves to you as you create space for them.
4. You embrace and excel at things you once thought were out of reach.
5. Obstacles and worries fade away as you gain a sense of inner peace.
6. Solutions to problems become clearer as your mind becomes more relaxed and open.

Embrace the practice of doing nothing and experience the positive impact it has on your life. Allow yourself to rest, recharge, and discover new possibilities.

SUPPLEMENTS FOR LONGEVITY:

1. Vitamin D3

2. Coenzyme Q10 (CoQ10)
3. Vitamin C
4. Probiotics
5. Resveratrol
6. Vitamin B12
7. Omega-3 fatty acids
8. Magnesium
9. Curcumin (from turmeric)
10. B-vitamins (B1, B2, B3, B5, B6, B7, B9)
11. Alpha-lipoic acid
12. Fish oil (omega-3 fatty acids)
13. Zinc
14. Nicotinamide mononucleotide (NMN)
15. Calcium
16. Vitamin E
17. Fisetin
18. Folic acid
19. Quercetin
20. Glucosamine
21. Nicotinamide adenine dinucleotide (NAD+)
22. Epigallocatechin gallate (EGCG) from green tea
23. Turmeric
24. Carnosine
25. Beta-carotene
26. Lutein
27. Pyrroloquinoline quinone (PQQ)
28. Glucosamine
29. Metformin
30. Low-dose aspirin
31. Statins
32. Creatine
33. Collagen peptides
34. Hyaluronic acid
35. Psyllium husk
36. Trimethylglycine (TMG)
37. Multivitamins

38. Glutathione

These supplements are commonly associated with promoting longevity and overall health. However, it's important to consult with a healthcare professional before adding any supplements to your routine, as individual needs and potential interactions can vary. Additionally, a balanced diet, regular exercise, and a healthy lifestyle are also crucial for optimal health and longevity.

Longevity sprouts

If you want to incorporate natural supplements into your routine, you can create a longevity sprout mixture at home using the following ingredients.

Consuming this raw food daily may lead to noticeable changes in your appearance and make you look younger:

Ingredients:

- 7 almonds
- 1 tablespoon whole moong (mung beans)
- 1 tablespoon whole wheat
- 1 teaspoon chia seeds
- 1 teaspoon flaxseeds (alsi seeds)
- 1 teaspoon fenugreek (methi) seeds
- 5 walnuts (akhrots)
- 1 teaspoon cumin seeds (jeera)
- 1 tablespoon peanuts

Soak these ingredients for 24 hours and allow them to sprout. Mix them in a container and add the following seasonings: 1 tablespoon extra virgin olive

oil, black pepper (*kalimirch*), rock salt (sendha namak), raw onion, tomato, ginger powder (sonth powder), and 2 garlic pods. Eat the mixture fresh and chew it slowly.

Remember, a healthy body and mind are interconnected. A healthy body promotes a healthy mind, and a healthy mind is essential for overall well-being. In ancient India, people used to practice yoga to regain good health, as it benefits the body, mind, and spirit. Yoga encompasses various practices such as asanas (physical postures), pranayama (breathing exercises), meditation, yoga nidra (yogic sleep), anupreksha (contemplation), japa (chanting), and tapa (austerity). Regular and consistent practice of these techniques is crucial for promoting the health of both the mind and body, ultimately adding years to your life.

Please note that while these practices and natural supplements can be beneficial, it's always advisable to consult with a healthcare professional before making any significant changes to your diet or lifestyle.

Some Sanskrit Shloka on Longevity

Our ancient sages have done lots of research on longevity and written as shloka. These are guidelines to live a long life.

Sarira madyam khalu dharma sadhanam

It means healthy body is essential for whole activities including spiritual practice.

Pratak sebaswa bhesajam jaradasti krunomi twa

If by chance you fall ill go to a doctor don't wait and feel sad.

Dinante ch pibet dugdham nishante ch jala whm pibet
Bhojante pibet takram baidyashya kim proyojanam.

It means he who drinks milk before going to bed and drink water after getting up from sleep, drink dilute yogurt water after principal meals. He does not need any doctor in life.

Bamanam kafanasaya batanasaya mardanam
Sayanam pita nasayam jwara Nasaya langanamam

It means vomiting reduces 'kaaf', massage reduces 'bata', sleep reduces 'pitta', fever is subsided by fasting (langanam).

Bhukta satapadamgachechaya hi sanye sanye

It means walk 100 steps in shadow slowly after principal meals. It helps in digestions and expels winds from gastrointestinal tract.

Bamasayi dwibhunjane sanamutri dwipurishak
Swalpa maithunakari ch satam barsani jivati

It means he who sleeps on his left side, eat twice a day, go to urinal six times per day, pass stool two times per day, do less sexual activity live more than 100 years.

Binapi bhesajam byadhi pathyadeba nibartate

Na tu pathyabihinayam bhesajana satyerapi

It means by following correct life style many diseases can be cured and those who does not follow prescribed lifestyle their diseases will not be cured in spite of taking 100 medicines

The Universal Prayer by Swami Sivananda

O adorable lord of mercy and love
Salutations and prostrations un to thee
Thou art omnipresent, omnipotent and omniscient
Though art Satchidananda (existence, consciousness and bliss absolute)

Though art in dweller of all beings
Grant us an understanding heart
Equal vision, balanced mind, faith, devotion and wisdom
Grant us inner spiritual strength
To resist the temptation and control the mind
Free us from egoism, lust, greed, hatred, anger and jealousy
Fill our heart with DeVine virtues

Let us behold thee in all name and forms
Let us serve thee in all these names and forms
Let us ever remember thee
Let us ever remember thee
Let us ever sing thy glories
Let us abide in thee for ever and ever

By incorporating the above prayers into your daily routine, you can experience reduced stress and embrace a long life while praising the glory of God.

We all have a chance, a chance of living long, healthy life filled with purpose and joy. It is just a matter of finding it, not fearing what is ahead, lead a clean life, everything in moderation, go with the tide, adapt to change and take life on. Stay on purpose, stay connected with others and give generously of yourself.

I wish all reader a long, healthy and vibrant life. Shathayu bhava - may you live more than 100 years.

-x-